DOCUMENT RESUME

ED 264 411 CE 043 114

TITLE Housecleaning: Cleaning Woodwork. Clean Windows, Mirrors, and Other Glass. Carpet Spot Removal. Diswashing. The Easy Way to Clean Your Range. Cleaning Walls and Ceilings. A Clean Bathroom--for a Clean House. Kill Those Roaches--for a Clean House. When to Do Housecleaning Jobs. Cleaning Mixtures.

INSTITUTION Utah State Univ., Logan. Cooperative Extension Service.

PUB DATE [85]

NOTE 99p.; For a related document, see CE 042 115. Vietnamese translation by Tuyet Seethaler; Lao translation by Inh Simoukda; Cambodian translation by Loch Srey.

PUB TYPE Guides - Classroom Use - Materials (For Learner) (051) -- Multilingual/Bilingual Materials (171)

LANGUAGE English; Vietnamese; Cambodian; Lao

EDRS PRICE MF01/PC04 Plus Postage.

DESCRIPTORS *Adult Basic Education; Bilingual Instructional Materials; Cambodian; *Cleaning; Dishwashing; Home Economics; *Homemaking Skills; Lao; *Refugees; Vietnamese

ABSTRACT

This package consists of various bilingual instructional materials for use in helping Indochinese refugees learn basic housecleaning skills. Included in the package are translations of instructional booklets dealing with the following topics: cleaning woodwork (English, Vietnamese, Lao); cleaning windows, mirrors, and other glass (English, Vietnamese, Lao, Cambodian); removing spots from carpets (English, Vietnamese, Lao, Cambodian); washing dishes (English, Vietnamese); and cleaning a range (English, Vietnamese, Lao, Cambodian). The package also describes cleaning walls and ceilings (English, Vietnamese, Lao); cleaning bathrooms (English, Vietnamese, Lao); killing roaches (English, Lao); knowing when to do housecleaning jobs (English, Lao). A booklet on cleaning mixtures (English, Vietnamese, Lao, Cambodian) is also included. (MN)

****
* Reproductions supplied by EDRS are the best that can be made *
* from the original document. *
****

ED264411

HOUSECLEANING:

CLEANING WOODWORK

CLEAN WINDOWS, MIRRORS, AND OTHER GLASS

CARPET SPOT REMOVAL

DISHWASHING

THE EASY WAY TO CLEAN YOUR RANGE

CLEANING WALLS AND CEILINGS

A CLEAN BATHROOM--FOR A CLEAN HOUSE

KILL THOSE ROACHES--FOR A CLEAN HOUSE

WHEN TO DO HOUSECLEANING JOBS

CLEANING MIXTURES

COOPERATIVE EXTENSION SERVICE
UTAH STATE UNIVERSITY, LOGAN

U.S. DEPARTMENT OF EDUCATION
NATIONAL INSTITUTE OF EDUCATION
EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)

☑ This document has been reproduced as received from the person or organization originating it.

☐ Minor changes have been made to improve reproduction quality.

• Points of view or opinions stated in this document do not necessarily represent official NIE position or policy.

"PERMISSION TO REPRODUCE THIS MATERIAL HAS BEEN GRANTED BY

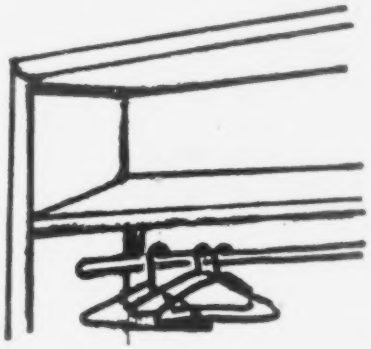
T Seethaler

TO THE EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)."

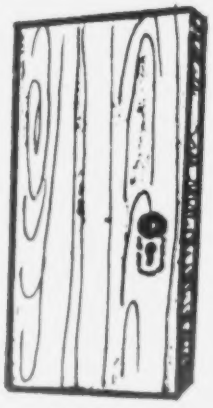
CE043114

BEST COPY AV

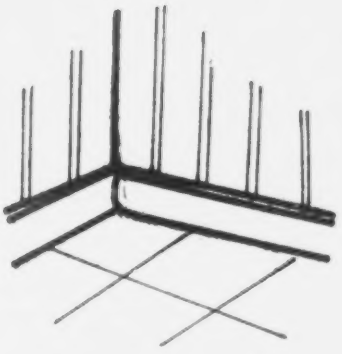
CLEANING WOODWORK:



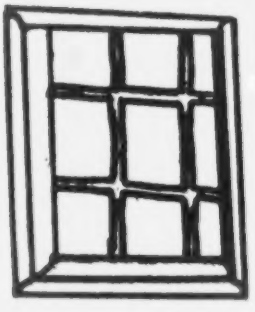
CLOSET SHELVES



DOORS



BASEBOARDS



WINDOW FRAMES

1. Wash with soapy water.
2. Rinse with clean rinse water.
3. Dry with clean rags.

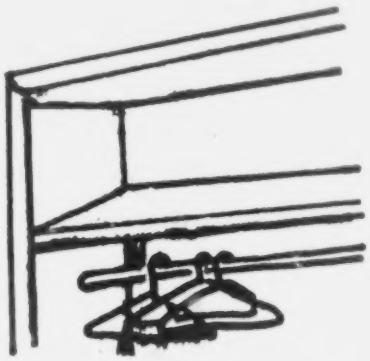
Refugee Programs

Cooperative Extension Service
Utah State University • Logan

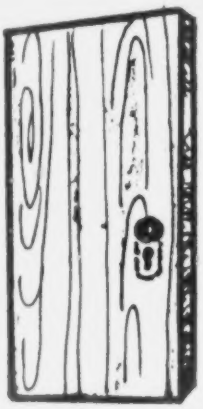
The Utah Cooperative Extension Service, an equal opportunity employer, provides programs and services to all persons regardless of race, sex, color or national origin.

Issued in furtherance of Cooperative Extension work, Acts of May 9 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. J. Clark Ballz.d, Vice President and Director, Cooperative Extension Service, Utah State University.

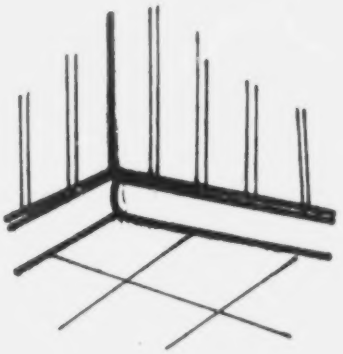
LAU CHÙI NHỮNG ĐỒ BẰNG GỖ



TỦ KỆ

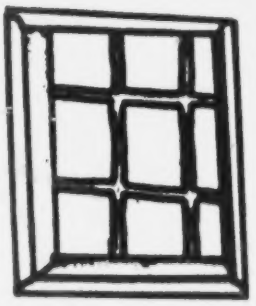


CỬA

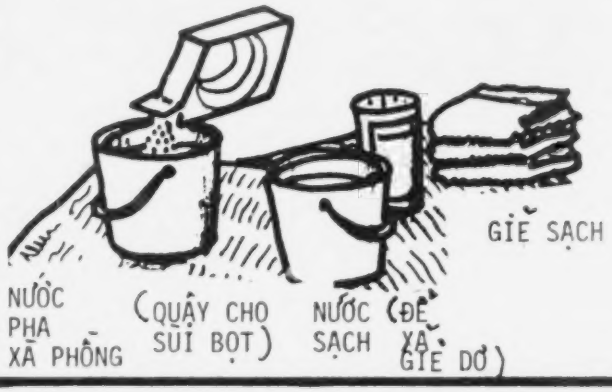


KHUNG VÁCH GỖ

1. LAU BẰNG GIẺ NHÚNG VÀO NƯỚC PHA XÀ-PHÒNG
2. XẢ GIẺ SẠCH, LAU LẠI LẦN NỮA
3. DÙNG GIẺ SẠCH LAU KHÔ



KHUNG CỬA SỔ



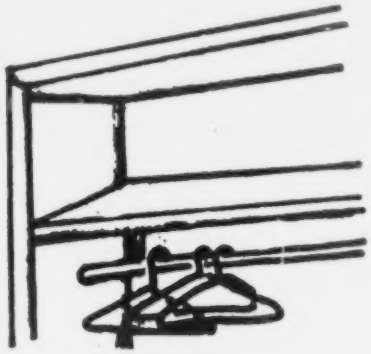
Vietnamese Translation
by
Tuyet Seethaler - Refugee Programs
Cooperative Extension Service
Utah State University • Logan

The Utah Cooperative Extension Service, an equal opportunity employer, provides programs and services to all persons regardless of race, sex, color or national origin.

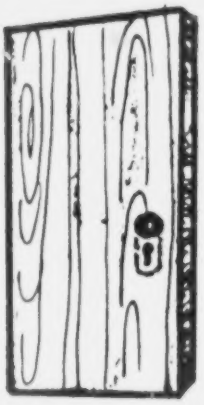
Issued in furtherance of Cooperative Extension work, Acts of May 9 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. J. Clark Ballard, Vice President and Director, Cooperative Extension Service, Utah State University.

CLEANING WOODWORK - Lao Translation

ການທຳຄວາມສະອາດສິ່ງຕ່າງ,ເຮັດດ້ວຍໄມ້,ແກ້ວ



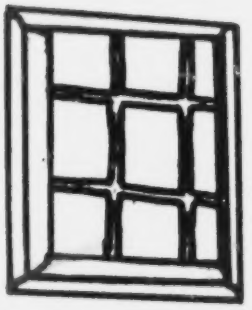
ບ່ອນນັ່ງເຄື່ອງນຸ່ງ



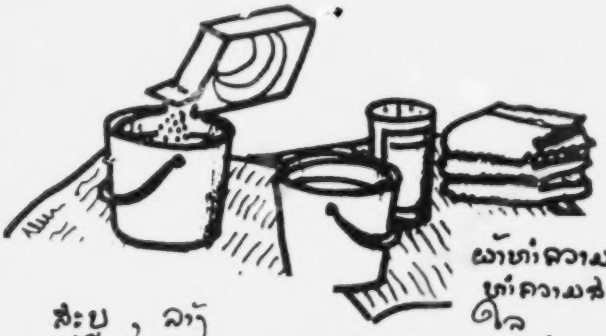
ປະຕູ

ໄມ້ຂອບຝາ

1. ຂູ້ທດ້ວຍນ້ຳປະສົມສະບູ
2. ໃຊ້ດ້ວຍນ້ຳສະອາດ
3. ໃຫ້ຜ້ານ້ຳແຫ້ງ



ປະຕູປ່ອງຢ້ຽມແກ້ວ



ສະບູ, ຜ້ານ້ຳ

ຜ້າທຳຄວາມສະອາດ ທຳຄວາມສະອາດ ໃຊ້ ນ້ຳ

ພາສາລາວ ແປໂດຍ
ວັນສີ ສຸມຫດາ

Translated by
Inh Simoukda
Cooperative Extension Service
Utah State University • Logan

The Utah Cooperative Extension Service, an equal opportunity employer, provides programs and services to all persons regardless of race, sex, color or national origin.

Issued in furtherance of Cooperative Extension work, Acts of May 9 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. J. Clark Ballard, Vice President and Director, Cooperative Extension Service, Utah State University.

LAU CỬA KÍNH, GƯƠNG SOI, V.V..

(Clean windows, mirrors, and other glass)

VIETNAMESE TRANSLATION

Tuyet Seethaler
USU Extension Service
Refugee Programs

COOPERATIVE EXTENSION SERVICE
Utah State University- Logan

TO CLEAN GLASS - COLLECT ALL TOOLS AND SUPPLIES NEEDED

- Clean cloths for washing, drying, and shining
- Newspaper or paper towels
- Vinegar, ammonia, soap or detergent
- Bucket of warm water
- Whiskbroom or a brush
- A stepladder, step-stool, or sturdy chair (a step-ladder is safer)

MUỐN LAU KÍNH CHO SẠCH BẠN CẦN CHUẨN BỊ SẴN SÀNG NHỮNG DỤNG CỤ SAU ĐÂY:

- Giẻ sạch (4,5 cái)
- Giấy báo cũ hoặc khăn giấy
- Dấm trắng, am-mô-nhác, xà-phòng bột hoặc xà-phòng nước
- 1 thùng nước ấm
- 1 chổi cán ngắn hoặc 1 bàn chải
- 1 ghế có chân chắc chắn (hoặc ghế có 2, 3 nấc thang)

GET READY FOR THE JOB

Mix 1/2 cup vinegar or 1/3 cup ammonia in 1 gallon of water. (You may use some soap or detergent instead of vinegar or ammonia.) Put some paper on a chair. Set the bucket of water on the paper. Put it near the glass you will clean.

CHUẨN BỊ NƯỚC PHA ĐỂ LAU KÍNH

Pha 1/2 tách dấm trắng hay 1/3 tách am-mô-nhác vào 1 gallon nước ấm. (dùng xà-phòng bột nếu không có dấm và am-mô-nhác.)

Lót giấy báo cũ lên ghế trước khi để thùng nước pha lến trên để khỏi ướt ghế.

TO DO THE JOB

- Brush window frames and sills to remove loose dirt.
- Wash top window panes first, with wet cloth.
- Wash each pane from top to bottom.
- Rub dry with dry cloth or paper.
- Wipe and dry windowsills. You may want to wax the sills.

Clean mirrors and the glass over pictures the same way you do window glass.

CÁCH LAU

- Dùng bàn chải hoặc chổi đánh sạch bụi chung quanh khung cửa kính.
- Dùng giẻ sạch nhúng vào nước pha vắt ráo rồi lau mặt kính (từ trên xuống dưới).
- Dùng giẻ khô hoặc báo cũ lau lại cho khô.
- Nếu nước nhểu vào khung cửa thì dùng giẻ sạch lau khô.

Bạn có thể dùng nước pha nầy để lau gương soi trong phòng tắm.

COOPERATIVE EXTENSION SERVICE
UTAH STATE UNIVERSITY

The Utah Cooperative Extension Service, an equal opportunity employer, provides programs and services to all persons regardless of race, sex, color or national origin.

Issued in furtherance of Cooperative Extension work, Acts of May 9 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. J. Clark Ballard, Vice President and Director, Cooperative Extension Service, Utah State University.

CLEAN WINDOWS, MIRRORS AND OTHER GLASS

- FOR A CLEAN HOUSE

ทาม ทำ ความ สะ อาด ปะ ตู ปู ฝา
ฝา ผัม กะ จก แล ะ แก้ว อื่ น ๆ อีก

LAOTIAN TRANSLATION

TO CLEAN GLASS COLLECT ALL TOOLS AND SUPPLIES NEEDED

- Clean cloths for washing, drying, and shining
- Newspaper or paper towels
- Vinegar, ammonia, soap or detergent
- Bucket of warm water
- Whiskbroom or a brush
- A stepladder, step-stool, or sturdy chair (a stepladder is safer)

ทາມຫ່ວງຄວາມສະອາດແກ້ວປະຕູເຮືອນ

- ຕ້ອງມີເຄື່ອງອຸປະກອນຫຼາຍຢ່າງແລະເຄື່ອງຕ່າງໆປະກອບ
- ແພທີ່ລະຫີ້ເລັດມັນໜ້ານ້ຳ, ຖົງແຫ້ງ, ແລະສອງຜ.
- ໝໍ້ສີພິນເກົ່າ ຫຼື ເລັ່ເລັດ.
- ນ້ຳອີ່ສ້ານ (vinegar) ແກ້ວໍ້ໃນເນັຍ (ammonia) ສະຫຼຸ່ນ
- ຄຸນທ້ອ່ນ
- ຜຸ (ຟອງ) ຫຼື ແປ
- ຂັ້ນຕ, ຂັ້ນຕາໝ, ຫຼືເກົ່າອີ່ແຫ, ຂັ້ນຕທີ່ນ້ຳຄາມປອດໄພ

GET READY FOR THE JOB

Mix 1/2 cup vinegar or 1/3 cup ammonia in 1 gallon of water. (You may use some soap or detergent instead of vinegar or ammonia.) Put some paper on a chair. Set the bucket of water on the paper. Put it near the glass you will clean.

ทาม ເຮັດ ວຽກ ງາມ.

- ປະສົມ ນ້ ຳ ອີ ນ ກ ສ ½ ຈອກ ຫຼື ນ ້ ຳ ໝາ ກ ນ ັ ດ ½ ຈອກ ປ ະ ສ ົ ມ ກ ັ ບ ນ ້ ຳ ເຝ ື ອ ປ ະ ມ ານ 4 ລ ິ ດ.
- ເ ຊ ັ ດ ຫ ນ ້ າ ຕ ່ າ ງ ໃ ຫ ້ ນ ຳ ້ ສ ະ ຢ ຸ ຫຼ ື ນ ຳ ້ ສ ົ ້ ມ ສ ະ ບ ່ ໍ ໃ ຊ ້ ແ ທ ນ ນ ຳ ້ ອ ີ ນ ກ ສ (vinegar) ຫຼ ື ນ ຳ ້ ໝ າ ກ ນ ັ ດ ເ ນ ັ ຍ (ammonia)
- ກ ່ ອ ນ ຈ ະ ເ ລ ີ ດ ນ ັ ້ ,ປ ູ ເ ຈ ັ ຍ ປ ຸ ງ ໃ ສ ່ ເ ກ ົ ້ ວ ີ ,ເ ອ ົ າ ຄ ຸ ນ ນ ຳ ້ ປ ຸ ງ ເ ຫ ຼ ົ ້ ານ ັ ້ ນ ັ ້ ,ເ ອ ົ າ ຄ ຸ ນ ນ ຳ ້ ສ ະ ບ ູ ຫ າ ໃ ຫ ້ ທ ົ ່ ວ ກ ່ ອ ນ ທ ່ ຈ ະ ເ ລ ີ ດ ແ ຜ ົ ້ ນ ປ ະ ຕ ູ ນ ັ ້ ນ ຈ ຶ ງ ງ ່ າ ຍ ດ.

TO DO THE JOB

- Brush window frames and sills to remove loose dirt.
- Wash top window panes first, with wet cloth.
- Wash each pane from top to bottom.
- Rub dry with dry cloth or paper.
- Wipe and dry windowsills. You may want to wax the sills.

Clean mirrors and the glass over pictures the same way you do window glass.

ทาแรัดวูก.

- เสัดปะดู ปดู้ฝูมและ: ลี้ สภะปก วรกิหัส.
- ภาบล: เสัด เผ่บแกัว ปะดู ปดู้ฝูม ดอูกิรู้แผปูก.
- ลบู้แผ่บ แกัว แต่ดเม็เหู้ ลัลล่บ.
- เสัดิหัแตู้, ดวมิแพะเหู ก็จ่ เจัมแตู้.
- เสัดปะดู ปดู้ฝูมแตู้ส์, เจ้าะอูบาล: ดอูภาบ มัเม็มิ หาิหัเกิวิ้ม (WAX)
- ภาบ หาิ ดวามะ สะ:ฮาด ภะ:ชัก และ แกัว สัรัจัแกัวิส่ รูบก์ ดอูเรัดแผริ้บ ลี้ ภะ:จัก ก็ แกัว ปะดู ปดู้ฝูม สิ.

CLEAN WINDOWS, MIRRORS, AND OTHER GLASS

សំអាតបង្អួច - កញ្ចក់បង្អួច និងកញ្ចក់ផ្សេងៗ ទៀត

- សំរាប់ការសំអាតប្រចាំថ្ងៃ

Cambodian Translation

Translated by

Loch Srey

Cooperative Extension Service
Utah State University • Logan

TO CLEAN GLASS - COLLECT ALL TOOLS AND SUPPLIES NEEDED

- Clean cloths for washing, drying, and shining
- Newspaper or paper towels
- Vinegar, ammonia, soap or detergent
- Bucket of warm water
- Whiskbroom or a brush
- A stepladder, step-stool, or sturdy chair (a stepladder is safer)

ផ្តើមធ្វើកិច្ចការ

- ជុះខាត់ស៊ុមបង្អួច ១ទារ ដើមបីឱ្យធូលីរបើក
- លាងខាត់ផ្ទៃកខាងលើនៃបង្អួច ១ទារ ដាន់ចូង និងក្រណាត់រលើម
- លាងកញ្ចក់បង្អួច ១ទារ ពីលើចុះក្រោម
- ជុះខាត់ដោយក្រណាត់ស្ងួត ឬ ក្រដាស់
- ជូត និងធ្វើឱ្យកញ្ចក់បង្អួច១ទារស្ងួត ។ អ្នកអាច ខាត់បង្អួច១ទារឱ្យរលោង បើអ្នកចង់ ។

លាងកញ្ចក់ឆ្លុះមុខ និងកញ្ចក់រួចថត មានលំនាំ ដូចគ្នានឹងអ្នកជូតកញ្ចក់បង្អួចដែរ ។

GET READY FOR THE JOB

Mix 1/2 cup vinegar or 1/3 cup ammonia in 1 gallon of water. (You may use some soap or detergent instead of vinegar or ammonia.) Put some paper on a chair. Set the bucket of water on the paper. Put it near the glass you will clean.

លាយទឹកទន្ទេះ ១/២ ទឹក ៣ ឬ អាម៉ូនីញ៉ាក់ ១/៣ ។
ទឹក ក្នុងទឹក ១ ធុង ។ ៖ អ្នកអាចប្រើសាច្ចុ
ជុំ ឬទេស្ថាសាច្ចុ ជំនួសទឹកទន្ទេះ ឬ អាម៉ូនីញ៉ាក់ ។ ៖
ដាក់ក្រដាស់ក្រាលលើកៅអី ។ ដាក់ធុងទឹកទន្ទេះលើ
កៅអីដែលក្រាលដោយក្រដាស់ ។ ដាក់ធុងទឹកទន្ទេះ
ទន្ទេះទឹកឬកញ្ចក់ ដែលអ្នកនឹងជូតសំអាត ។

TO DO THE JOB

-Brush window frames and sills to remove loose dirt.

-Wash top window panes first with wet cloth.

-Wash each pane from top to bottom.

-Rub dry with dry cloth or paper.

-Wipe and dry windowsills. You may want to wax the sills.

Clean mirrors and the glass over pictures the same way you do window glass.

ដើម្បីសំអាតកញ្ចក់ ត្រូវប្រមូលប្រដាប់ប្រដានផ្សេងៗ
និងសម្ភារៈដាច់ខាត

- ក្រណាត់ស្អាតរដោយដុះលាង ស្ងួត និងរពក្បាច់ត្តិ
- ក្រដាស់កាសែត ឬក្រដាស់ជូតទឹង
- ទឹកខ្មេះ អាម៉ូនីកាំ ឬទឹកសាប៊ូ
- ធុងដាក់ទឹកក្តៅ

អនុម្បាស ឬ ច្រាស់

- ជណ្តើរ ប្រដាប់រទឹត ឬ កៅអីមាំ " ជណ្តើរត្រូវនឹ្រមាំមួន "

Vietnamese Translation
by Tuyet Seethaler

BEST COPY AVAILABLE

TẨY VẾT DƠ TRÊN THẢM

1. Nước xà phòng:

   Pha 1 muỗng cà-phê bột giặt đồ loại không có chất gia-ven (như "Tide" chẳng hạn) với 1 tách nước ấm. Quậy cho thật đều. Chế một ít lên chỗ thảm dơ, xong lấy giẻ sạch chậm lên cho đến khi ráo. Lấy giẻ khô đậy lên trên, dùng sách hoặc tự điển dằn lên để trẻ con khỏi dẫm chân dơ lên đó cho đến khi khô hẳn.

2. Nước dấm trắng:

   Pha 1/3 tách dấm trắng với 2/3 tách nước ấm. Thấm lên chỗ vết dơ và chậm bằng giẻ sạch cho đến khi không còn thấy vết dơ nữa.

3. Nước pha am-mô-nhác:

   Pha 1 muỗng súp nước am-mô-nhác (loại để lau vật vành trong nhà) với 3/4 tách nước. Thấm một ít lên trên chỗ dơ, chậm bằng giẻ sạch cho đến khi không còn thấy vết dơ nữa.
   CHÚ Ý Trước khi dùng những loại nước tẩy nói trên, bạn nên thử ở góc thảm nào kín đáo (Ví dụ như ở dưới giường hoặc dưới bàn, tủ) xem thảm có bị phai màu không vì đôi khi những loại thảm rẻ tiền thường hay bị phai màu.

Carpet Spot Removal

(1) Detergent Solution:

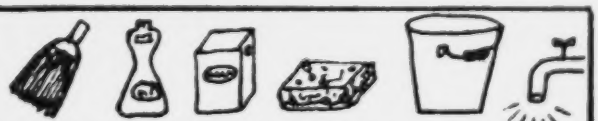
Mix 1 teaspoon powder detergent (one without bleach) and 1 cup warm water. Apply a small amount to stain and blot until no more stain can be removed.

(2) Vinegar Solution:

Mix 1/3 cup white vinegar and 2/3 cup warm water. Apply a small amount to stain and blot until no more stain can be removed.

(3) Ammonia Solution:

Mix 1 tablespoon household ammonia with 3/4 cup water. Apply a small amount to stain and blot until no more stain can be removed.



The Utah Cooperative Extension Service, an equal opportunity employer, provides programs and services to all persons regardless of race, sex, color or natural origin.
Issued in furtherance of Cooperative Extension work, Acts of May 9 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. J. Clark Ballard, Vice President and Director, Cooperative Extension Service, Utah State University

ຫາ ຄວາມ ສະອາດ ສິ່ງ ຕ່າງ ຕິດ ພັ ປ ພົມ

1- ຄໍ ອ: ທີ ບາຍ ປ: ສົມ ນ້ ຳ ສ ບູ ຊັ ກ ຜ້ ຳ:

ສ ານ ປ: ສົ ມ ສ ບູ ຊັ ກ ຜ້ ຳ ກ ັ ບ ນ ້ ຳ ອ ຸ ່ ນ ດ ີ ໆ 1 ຈ ອ ກ ນ ້ ຳ ອ ຸ ່ ນ , 1 ຊ ້ ອ ນ ຊ າ ສ ບູ ຊັ ກ ຜ້ ຳ . ເ ພ ື ່ ອ ໃ ຫ ້ ສ ີ ເ ປ ັ ນ ຈ ອ ກ ງ ່ າ ຍ ດ າ ຍ ຕ ່ ງ ເ ພ ົ ້ ນ ຂ ະ ນ ະ ຊ ັ ກ ຜ ້ ຳ ອ ອ ກ .

2- ຄໍ ອ: ທ ີ ບ າ ຍ ປ: ສ ົ ມ ນ ້ ຳ ອ ົ ມ ກ າ: (Vinegar)

ສ ານ ປ: ສ ົ ມ ນ ້ ຳ ອ ົ ມ ກ າ ຂ ະ: ນ ້ ຳ ອ ຸ ່ ນ ນ ັ ້ ນ ຕ ຸ ້ ມ 1/3 ຈ ອ ກ ນ ້ ຳ ອ ົ ມ ກ າ ວ ຂ ວ ແ ລ ະ 2/3 ຈ ອ ກ ນ ້ ຳ ອ ຸ ່ ນ ເ ພ ື ່ ອ ໃ ຫ ້ ສ ີ ເ ປ ັ ນ ຈ ອ ກ ງ ່ າ ຍ ດ ີ ກ ່ ຕ ່ ງ ເ ພ ົ ້ ນ ນ ້ ຳ ອ ົ ມ ກ າ ຈ ິ ດ ສ ົ ້ ນ .

3- ຄໍ ອ: ທ ີ ບ າ ຍ ປ: ສ ົ ມ ນ ້ ຳ ວ ິ ນ ໃ ນ ເ ມ ັ ຍ: (Ammonia)

ສ ານ ປ: ສ ົ ມ ນ ້ ຳ ວ ິ ນ ໃ ນ ເ ມ ັ ຍ ສ ເ ພ າ: (household ammonia) ຕ ຸ ້ ມ 1 ຊ ້ ອ ນ ຊ າ ນ ້ ຳ ວ ິ ນ ໃ ນ ເ ມ ັ ຍ 1 ຊ ວ ັ ນ ຈ ັ ນ , 3/4 ຈ ອ ກ ນ ້ ຳ ເ ປ ັ ນ , ເ ພ ື ່ ອ ໃ ຫ ້ ສ ີ ເ ປ ັ ນ ເ ປ ີ ະ ຈ ອ ກ ງ ່ ຍ ເ ຄ ົ ່ ຕ ່ ງ ເ ພ ົ ້ ນ ນ ້ ຳ ວ ິ ນ ໃ ນ ເ ມ ັ ຍ ສ ເ ພ າ: , ນ ຈ ັ ນ ກ ວ ່ ຫ ິ ນ ເ ພ ົ ້ ນ ສ ີ ຈ ະ ຫ າ ຍ ດ ີ .

ກ ່ ອ ນ ຈ: ທ ່ ຄ ວ າ ມ ສ ອ າ ດ ເ ຄ ື ່ ອ ນ ໄ ປ ພ ົ ມ ນ ີ ້ ດ ີ ກ ່ ວ ທ ົ ດ ລ ອ ງ ນ ໍ ້ ຕ ່ ລ ะ ສ ະ ພ າ ບ ໃ ສ ່ ບ ່ ອ ນ ທ ີ ່ ບ ໍ ່ ເ ຫ ັ ນ ເ ສ ັ ຍ ກ ່ ອ ນ ຄ ື ຕ ົ ວ ຢ ່ າ ງ ກ ະ ເ ບ ື ້ ອ ງ ຫ ລ ື ບ ່ ອ ນ ແ ຂ ວ ນ ລ ະ ຫ ວ ່ າ ງ ເ ຮ ື ອ ນ , ເ ພ ະ: ຈ ັ ບ ເ ຄ ື ່ ອ ນ ໄ ປ ພ ົ ມ ເ ສ ັ ຍ ສ ີ .
ຖ ້ າ ເ ຜ ົ ່ ອ ທ ົ ດ ລ ອ ງ ແ ລ ວ ເ ຄ ື ່ ອ ນ ໄ ປ ພ ົ ມ ບ ໍ ່ ຕ າ ຍ ສ ີ ກ ໍ ່ ສ າ ມ າ ດ ຖ ໍ ້ ຳ ຕ ໍ ່ ໄ ປ ໄ ດ ້ ; ຂ ໍ ໃ ຫ ້ ປ: ຕ ິ ບ ັ ດ ຕ າ ມ ຄ ໍ ແ ນ ະ ນ ໍ ຂ ້ ໍ ຕ ົ ້ ນ .

Carpet Spot Removal

(1) Detergent Solution:

Mix 1 teaspoon powder detergent (one without bleach) and 1 cup warm water. Apply a small amount to stain and blot until no more stain can be removed.

(2) Vinegar Solution:

Mix 1/3 cup white vinegar and 2/3 cup warm water. Apply a small amount to stain and blot until no more stain can be removed.

(3) Ammonia Solution:

Mix 1 tablespoon household ammonia with 3/4 cup water. Apply a small amount to stain and blot until no more stain can be removed.

Translated by
Inh Simoukda

Cooperative Extension Service
Utah State University • Logan

The Utah Cooperative Extension Service, an equal opportunity employer, provides programs and services to all persons regardless of race, sex, color or national origin.

Issued in furtherance of Cooperative Extension work, Acts of May 9 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. J. Clark Ballard, Vice President and Director, Cooperative Extension Service, Utah State University.

Carpet Spot Removal - Cambodian Translation

EL 205 R4

ការលាងអាតស្រួតដោយកន្លែង ៣

១.. ទេស្រាសាច្រូងដុំ :

លាយទេស្រាសាច្រូ ១ ស្លាបព្រាការ ឿ មួយស្លាបព្រាបមិនមានពពុះទេ ឿ និងទឹកក្តៅ ១ វែង ។

បន្តក់ដល់តង្កៀនោះបន្តិច ៗ ទៅរលើកន្លែងប្រឡាក់ និង ស្អាមប្រឡាក់ រួចតស្អាមប្រឡាក់នោះ ខ្ចៃបស្លាយទៅជាជ្រះស្អាត ។

២.. ទឹកខ្មេះដុំ :

លាយទឹកខ្មេលពណ្ណ ១ ភាគ ៣ នៃវែង និង ទឹកក្តៅ ២ ភាគ ៣ នៃវែង ។

បន្តក់ដល់តង្កៀនោះបន្តិច ៗ ទៅរលើស្នាកស្នាមប្រឡាក់ រួចតស្នាកស្នាមប្រឡាក់នោះអាចទៅជាជ្រះស្អាត ។

៣.. អាម៉ូនីញ៉ាដុំ :

លាយ អាម៉ូនីញ៉ា ១ ស្លាបព្រាការ និងទឹក ៣ ភាគ៤ នៃវែង ។

បន្តក់ដល់តង្កៀនោះបន្តិច ៗ ទៅរលើស្នាកស្នាមប្រឡាក់ រួចតស្នាកស្នាមប្រឡាក់នោះជ្រះស្រឡះចេញអស់ ។

Carpet Spot Removal (Use one of the three following solutions)

(1) Detergent Solution:

Mix 1 teaspoon powder detergent (one without bleach) and 1 cup warm water. Apply a small amount to stain and blot until no more stain can be removed.

(2) Vinegar Solution:

Mix 1/3 cup white vinegar and 2/3 cup warm water. Apply a small amount to stain and blot until no more stain can be removed.

(3) Ammonia Solution:

Mix 1 tablespoon household ammonia with 3/4 cup water. Apply a small amount to stain and blot until no more stain can be removed.

Translated by
Loch Srey

Cooperative Extension Service
Utah State University • Logan

The Utah Cooperative Extension Service, an equal opportunity employer, provides programs and services to all persons regardless of race, sex, color or national origin.

Issued in furtherance of Cooperative Extension work, Acts of May 9 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. J. Clark Ballard, Vice President and Director, Cooperative Extension Service, Utah State University.

Dishwashing

EL 205 R1

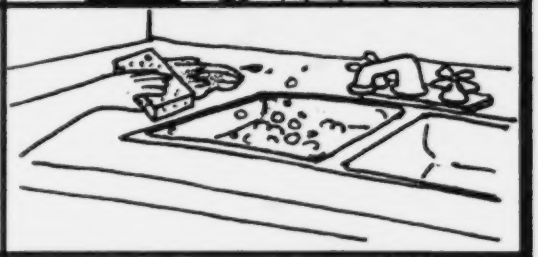
WHY WASH DISHES

- Clean dishes help keep your family well.
- Clean dishes do not draw bugs.

MAKE DISHWASHING EASIER

After the meal is cooked and taken up,

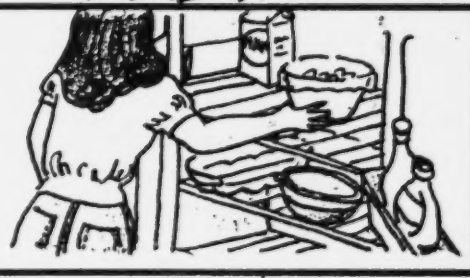
- Fill the pans with water.
- Wipe up spilled food or grease.



- Fill the dishpan or sink half full of hot water. Add detergent to make a good suds. Make the water as hot as your hands can stand. Hot water gets dishes cleaner.
- Fill the rinse pan or sink half full of very hot water.

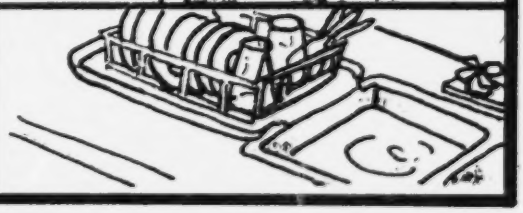
After the meal, take all the dishes off the table.

- Cover and put away all food.



- Scrape dishes. Put scraps in a covered garbage can.

- Stack dishes near the dishpan.



Cooperative Extension Service
Utah State University • Logan

The Utah Cooperative Extension Service, an equal opportunity employer, provides programs and services to all persons regardless of race, sex, color or national origin.

Issued in furtherance of Cooperative Extension work, Acts of May 9 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. J. Clark Ballard, Vice President and Director, Cooperative Extension Service, Utah State University.

TO WASH DISHES

Use a clean cloth. Wash dishes in this order:

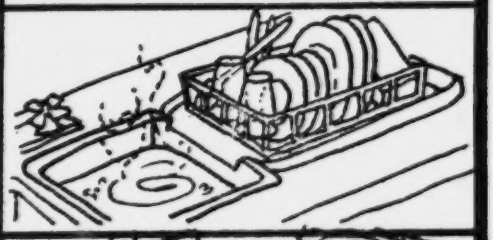
-glasses
-silverware
-dishes
-cooking pans

TO RINSE DISHES

- Put dishes into very hot rinse water, then in a drainer to dry.

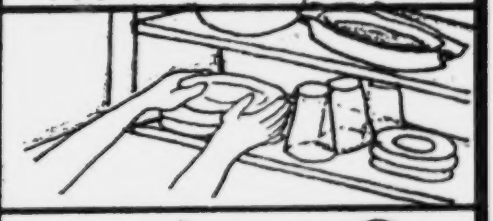
OR

- Put dishes in a dish drainer and pour boiling water over them.



TO FINISH DISHES

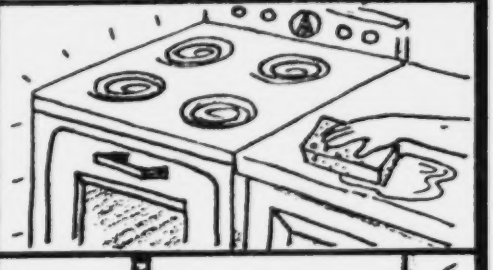
- Air dry in drainer. It is safer and easier than towel drying.
- Put dishes away when dry.



TO CLEAN UP AFTER DOING DISHES

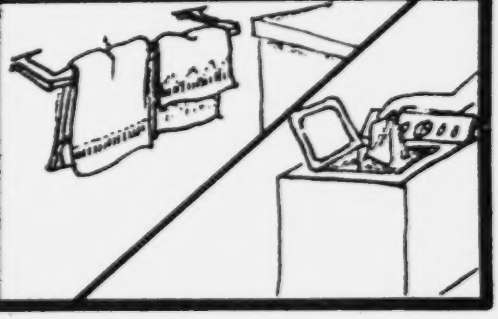
- Wipe table top.

- Wipe cabinet top and stove.



- Empty dishwater, wash dishpans and sink with clean hot water and detergent.

- Hang dishcloth and dishtowel to dry. Put them in the laundry.



2

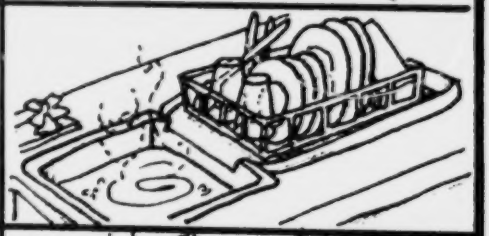
CÁCH RỬA

Dùng bùi nhùi sạch, rửa ly chén theo thứ tự sau đây:

-ly
-muỗng nĩa
-dĩa, chén
-nồi niêu

CÁCH TRÁNG

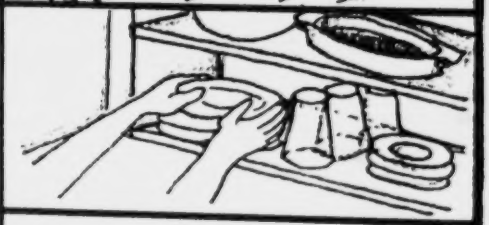
-bỏ dĩa chén vào nước sạch thật nóng, tráng sơ rồi úp vào đó úp chén để cho rao.



SAU KHI RỬA XONG

-Để chén tự khô lấy tốt hơn là dùng khăn lau khô

-Sắp chén dĩa khô vào kệ, đóng cửa lại.



DỌN DẸP SẠCH SẼ SAU KHI RỬA CHÉN

-Lau bàn ăn cơm cho sạch

-Lau chùi sạch sẽ bếp, lò.

-Chậu rửa chén phải được rửa sạch bằng sà-phòng và lau khô.

-Xả sạch bùi nhùi và khăn lau chén, trải ra phơi cho khô rồi bỏ vào máy giặt.

RỬA CHÉN

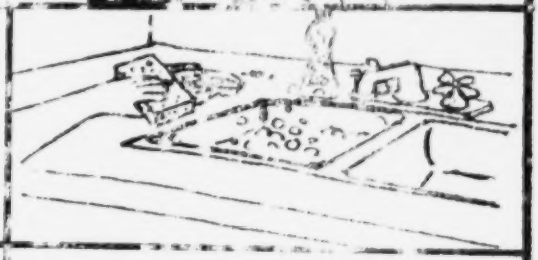
GIỮ CHÉN DĨA SẠCH SẼ ĐỂ:

-Giúp gia đình được khoẻ mạnh.
-Tránh được ruồi bọ và vi trùng.

-ĐỂ GIÚP VIỆC RỬA CHÉN ĐƯỢC DỄ DÀNG HƠN

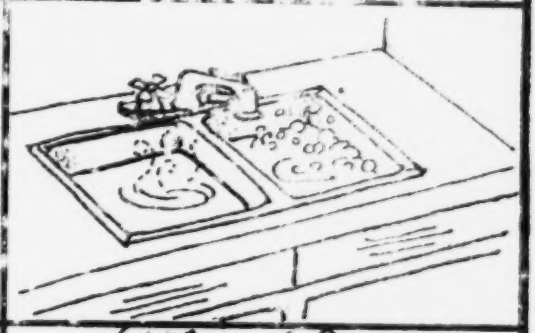
Sau khi nấu đồ ăn xong và múc dọn ra bàn, bạn nên:

-Ngâm nồi dơ.
-Lau sạch mỡ dầu và đồ ăn rớt ra trong bếp.



-Tráng chậu rửa chén cho sạch, ở chậu bên phải, vặn khoảng nửa chậu nước nóng (nước nóng thì chén mới sạch nhưng đừng nóng quá, phỏng tay!) Chệ sà-phòng nước loại để rửa chén vào chậu nước nóng, quậy cho sủi bọt.

-Ở chậu bên trái, vặn nước thật nóng vào khoảng nửa chậu.

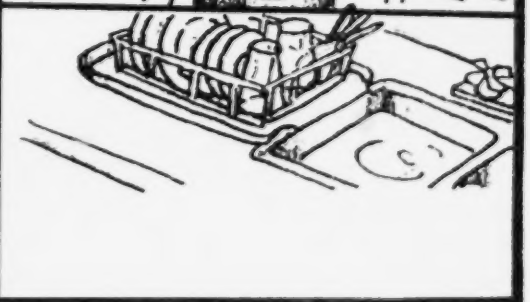


Sau khi ăn xong, dọn trống hết chén dĩa dơ trên bàn.

-Đậy kín các thức ăn dư và bỏ vào tủ lạnh.

Đổ các đồ ăn thừa trong chén vào bao rác, cột lại tử tế, bỏ vào thùng rác, đậy nắp lại.

Chồng chén dĩa dơ vào để gần chậu rửa chén.



Translated by Tuyet Seethaler

USU Refugee Programs

REFUGEE PROGRAM
USU EXTENSION
UMC 29 - LOGAN, UTAH 84322

(CÁCH LAU CHÙI BẾP MỘT CÁCH DỄ DÀNG)

THE EASY WAY TO CLEAN YOUR RANGE

Viet Translation by Tuyet Seethaler

Cooperative Extension Service
Utah State University • Logan

The Utah Cooperative Extension Service, an equal opportunity employer, provides programs and services to all persons regardless of race, sex, color or national origin.

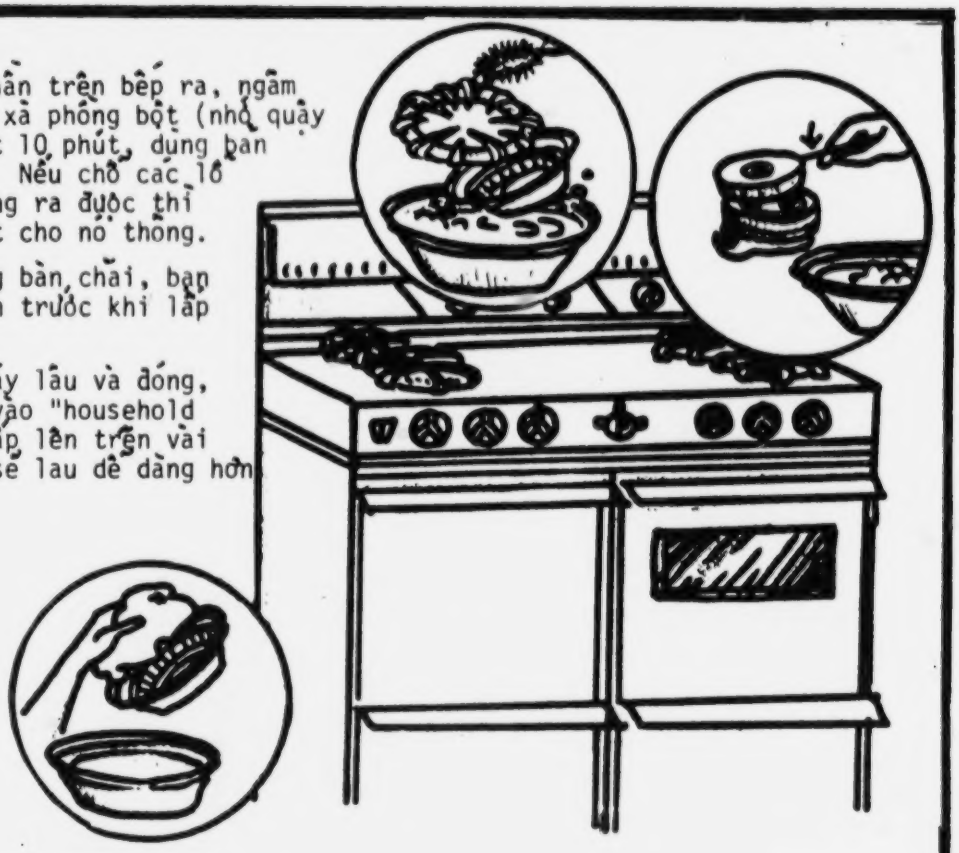
Issued in furtherance of Cooperative Extension work, Acts of May 9 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. J. Clark Ballard, Vice President and Director, Cooperative Extension Service, Utah State University.

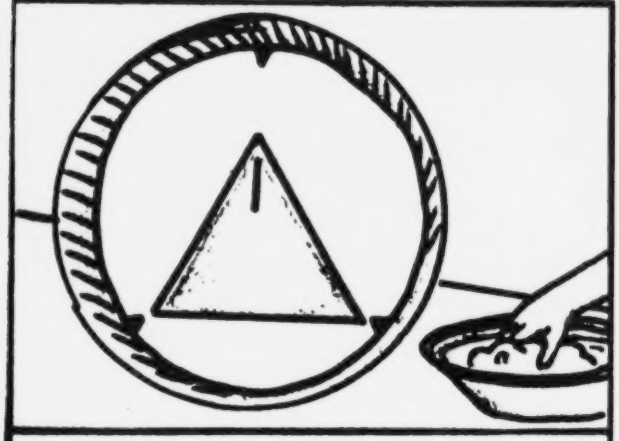
Chùi lò "ga"

Theo hình vẽ, tháo các phần trên bếp ra, ngâm vào hỗn hợp nước nóng và xà phòng bột (nhớ quậy cho xùi bọt) Ngâm ít nhất 10 phút, dùng bàn chải đánh ra các chỗ dơ. Nếu chỗ các lỗ nhỏ bị nghẹt và "ga" không ra được thì dùng cọng kem dài mà thụt cho nó thông.

Sau khi ngâm và chùi bằng bàn chải, bạn nên lau khô các phần trên trước khi lắp trở lại trên bếp.

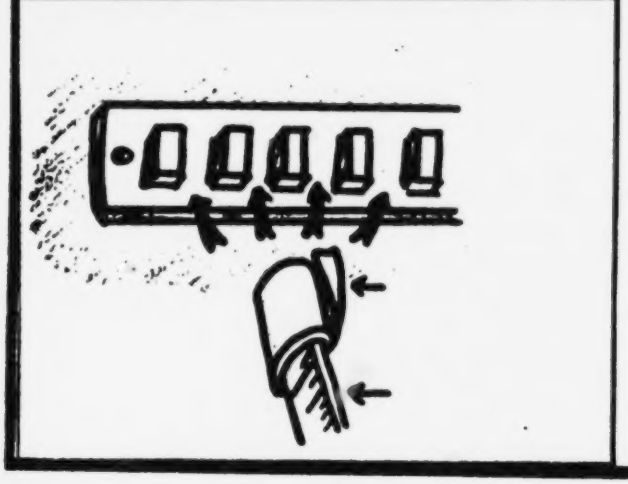
Nếu có những đồ ăn bị cháy lâu và đóng, khăn, bạn dùng để nhúng vào "household ammonia" pha với nước" đắp lên trên vài giờ đồng hồ, sau đó bạn sẽ lau dễ dàng hơn





Chùi đồ vặn

Loại nút vặn ở hình vẽ bên trái thì chùi rất dễ dàng bằng xà phòng quậy xùi bọt trong nước nóng. Xả sạch lau khô.



Loại nút vặn ở hình vẽ bên cạnh (loại bấm vào) thì bạn nên dùng tăm xỉa răng loại cứng và có đầu nhọn, quấn 1 ít bông gòn hoặc vải ở đầu rồi hãn chùi Đừng dùng kem vì sợ bị điện giựt.

Cleaning Gas Ranges

To clean the burners and the different parts that go with the burner, let soaking do the work. Remove and immerse them in hot, soapy water. Let these parts soak ten minutes, then scrub them with a brush. Use a wire to clean clogged openings in the burner.

Rinse, drain, and dry the burners before replacing them. A good way to do this is to put these parts of the range in the oven, upside down, and warm them until they are dry on the inside.

If food has burned and has stuck to the burner bowls, loosen it by putting a cloth soaked with household ammonia over the burned food on the burners. Let the cloth stay there a few hours.

Cleaning Switches

Switches that turn: These round switches with a smooth surface are easy to clean. Wash them with warm sudsy water. Rinse and dry.

Switches that push into the range: To clean between push-button switches, use a small stick wrapped with a piece of cotton or rag. Do not use metal. The metal could cause an electric shock to you and scratch finish of your range.

CÁCH CHÙI BẾP MỘT CÁCH DỄ DÀNG

Bếp cần được lau chùi mỗi ngày. Bạn cần phải lau sạch chỗ nào bạn dùng qua trong việc sửa soạn bửa ăn hằng ngày.

Thỉnh thoảng, tất cả các phần của bếp phải được tháo ra để rửa qua cho sạch. Nếu bạn giữ gìn kỹ lưỡng thì việc lau chùi sẽ đỡ nhọc hơn.

Chùi mặt sứ tráng men

Các mặt sứ tráng men vừa sau khi nấu nướng xong, còn nóng, bạn không nên dùng dẻ ướt mà lau vì nhiệt độ thay đổi thình lình sẽ làm mặt sứ bị rạng nứt. Đừng dùng bột chùi cầu mà lau các mặt sứ nầy vì sợ bị trầy.

Khi dầu mỡ, sữa, nước trái cây hoặc thức ăn có chất giấm bị đổ ra bếp, bạn nên chùi ngay bằng dẻ khô hoặc giấy khăn lông.

Lau chùi bếp điện

Khi nấu đồ ăn bị đổ ra bếp, để bếp nguội, dùng dẻ ướt lau sạch nếu không khi bạn vặn bếp lên, đồ ăn sẽ cháy trên mặt bếp điện rất nguy hiểm.

THE EASY WAY TO CLEAN YOUR RANGE

Your range should be cleaned every day. Make a habit to clean the work area and back and the pans under the cooking units each day.

At some time, all other parts of the range will need to be cleaned. How often depends upon how much and how carefully you use the range.

Cleaning Porcelain Surface

Never use a damp cloth on hot porcelain - the white hard-finish on your range - while the range is hot. The white finish or glaze could be cracked if it is hot when washed. Never use a coarse scouring powder on porcelain enamel.

Grease, milk and acids found in vinegar or fruit juices may even damage surface glaze if not wiped off at once. Use a dry rag or a piece of paper.

Cleaning Electric Units

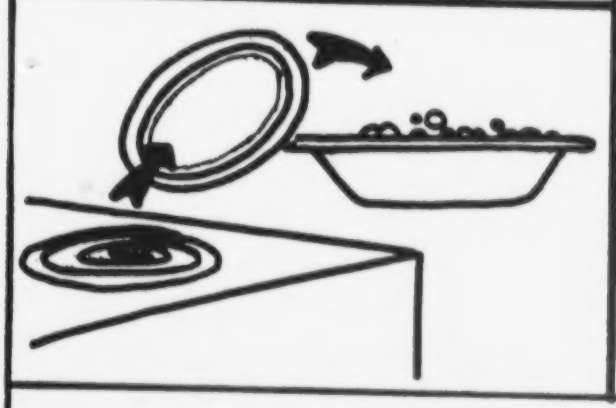
If food is spilled on an electric cooking unit that is cold, the food may be wiped off with a damp cloth. The food will burn off if the unit is hot.

Chùi dĩa hứng đồ ăn nấu trào ra

(gắn phía dưới mỏi bếp điện)

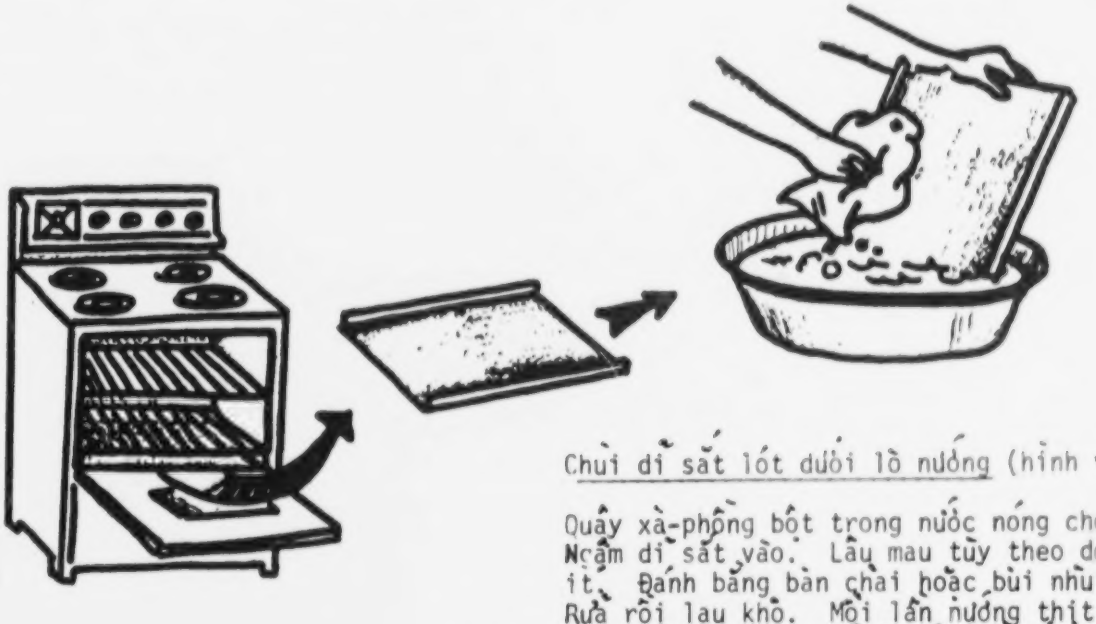
Trước nhất, vặn tắt lò. Để lò nguội. Nếu có thể được, tháo mấy dĩa hứng ra (theo hình vẽ) ngâm vào nước ấm với xà - phòng, rửa sạch, lau khô.

Nếu vết dơ dính khăn quá lâu, dùng bột xà-phòng loại mạnh như comet mà chùi. Rửa sạch, lau khô. Gắn trở lại



Chùi Vòng Thép (chung quanh vòng xoắn điện)

Nếu có thể tháo được thì tháo ra ngâm nước nóng với xà phòng chùi như trên. Nhớ dùng bùi nhùi đánh các đốm dơ.



Chùi dĩ sắt lót dưới lò nướng (hình vẽ)

Quậy xà-phòng bột trong nước nóng cho xùi bọt. Ngâm dĩ sắt vào. Lâu mau tùy theo dơ nhiều hay ít. Đánh bằng bàn chải hoặc bùi nhùi cho sạch. Rửa rồi lau khô. Mỗi lần nướng thịt là phải chùi vì nếu không đồ ăn có thể bắt cháy trong lò rất nguy hiểm.

Cleaning Reflector Pans

Make sure the switch is turned to off position and the range is cool. If the reflector pan can be taken out, the heating unit can be lifted and tilted back. Remove this pan and wash it in warm sudsy water.

Cleaning Rims

Many rims can be taken off. First soak in warm soapy water. Scour gently to remove stubborn spots. Rinse and dry. Replace the rim. If the rim can not be taken off, wash it with a cloth wrung out of warm soapy water. Scour to remove stubborn spots. Rinse and dry.

Cleaning Drip Trays

Remove the tray or trays. Wash them in warm sudsy water. Rinse and dry. Put them back in the range. If the drip trays are not cleaned often, grease and food collects which causes unpleasant odor and may be a fire hazard.

EL 205 R17

REFUGEE PROGRAM
USU EXTENSION
UMC 29 - LOGAN, UTAH 84322

THE EASY WAY TO CLEAN YOUR RANGE

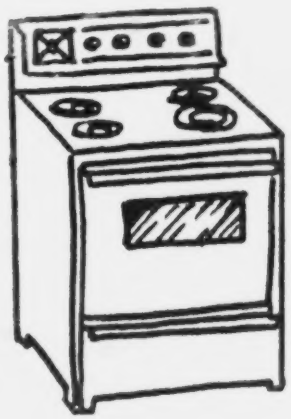
- ทางทำความสะอาดเตาไฟแบบง่ายๆ

LAO TRANSLATION

Cooperative Extension Service
Utah State University • Logan

The Utah Cooperative Extension Service, an equal opportunity employer, provides programs and services to all persons regardless of race, sex, color or national origin.

Issued in furtherance of Cooperative Extension work, Acts of May 9 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. J. Clark Ballard, Vice President and Director, Cooperative Extension Service, Utah State University.



- ทามหาໍຄວາມສະອາດ ເຕົາໄຟ ແບບງ່າຍໆ:

- ເຈົ້າຕ້ອງ ຮັກສາ ເຕົາໄຟ ໃຫ້ ທັ ສະອາດ ທຸກໆ ອັນ ໃຫ້ ມ ຄວາມ ຫຸ້ ເຄີ ຍ ການ ຮັກສາ ຄວາມ ສະອາດ ໃ ນ ຈອບ ເຂ ຕ ເຕົາໄຟ ແ ລະ ໜ້ ຫຼ ຈ ເ ຄ ຈ ກ ບ ແ ຈ ້ ແ ຕ ່ ລ ະ ອ ັ ນ .

- ทามหาໍ ความ สะอาด บ ง พ ภ ส ล ่ ว ง ของ เตาไฟ นี ้ ภ ั ง ภ า ย ้ ม ย ั ง ห ร ื อ ห ล ุ ด ย เ ต ๋ า ไ ฟ ข ว ง เ จ ้ า เ อ ง .

- ทามหาໍ ความ สะอาด สิ่ง ของ หม้ อ เตาไฟ

- บ่ อ ต ้ อ ง ท ้ ุ ผ ้ า ข ต แ ห ้ ง ป ง ก ่ อ น ห ม ้ อ เ ต ๋ า ไ ฟ เ อ ล า ร อ น . ใ น เ ว ล า เ ต ๋ า ไ ฟ ร อ น จ ะ ท า ห ้ แ ก ้ ว แ ห ่ ง เ ป ็ น ไ ด ้ ท ้ ่ า ว ่ า เ ต ๋ า ร อ น เ อ ล า เ จ ้ า เ ล ็ ง . บ ่ อ ต ้ อ ง ท ้ ุ ส ะ ป ู ป ่ บ เ ช ็ ด ห ม ้ อ เ ต ๋ า ไ ฟ ท ี ่ ไ ฟ เ ส ด อ า ห า ม ต ิ ด ป ู น ั บ เ ป ็ น : ม ้ า ผ ั บ ย ว ย ล ิ ง , ม ้ า ม ิ น , ม ้ า ส ั ม ห ุ ม ้ า ห ม า ก ไ ม ้ . จ ะ ท ำ ท ำ ห ม ้ อ เ ต ๋ า ไ ฟ เ ส ี ย ส ี . ท า ม เ ช ็ ด ต ้ อ ง ท ้ ุ ผ ้ า แ ห ้ ง น ะ : เ พ ื ่ อ ห ้ ี ส ว ย .

- ทามหาໍ ความ สะอาด ใ ส้ เตาไฟ ฟ้ า ผ ท ต ั ้ ง

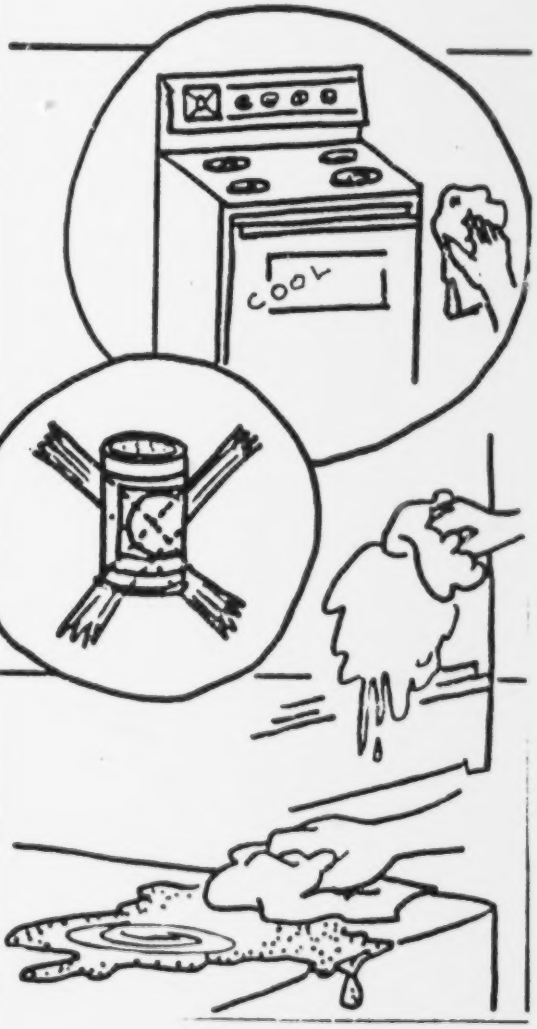
- ท ้ ั ว ่ า อ า ห า ม ย ั ง ล ิ ง ท ี ่ ใ ส ่ ใ ส ้ เ ต ๋ า ไ ฟ ฟ ้ า เ อ ล า ค ล ิ ก ป ุ ่ ม : ท ำ ห ้ เ ต ๋ า เ ป ็ น , เ ธ อ ต ้ อ ง ช ่ ว ย เ ช ็ ด อ า ห า ม ม ั น ต ิ ด แ ผ ง ม ย ั ง ๆ .

ท ้ ั ง แ ผ ่ น เ ต ๋ า ไ ฟ ฟ ้ า ม า ล ้ า ง ร อ น ๆ ไ ฟ ต ้ อ ง ไ ห ้ เ ส ด อ า ห า ม ห ม ด .

THE EASY WAY TO CLEAN YOUR RANGE

Your range should be cleaned every day. Make a habit to clean the work area and back and the pans under the cooking units each day.

At some time, all other parts of the range will need to be cleaned. How often depends upon how much and how carefully you use the range.



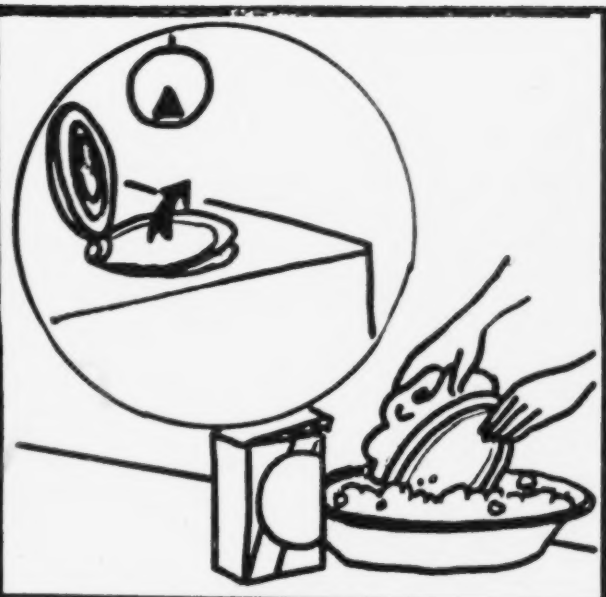
Cleaning Porcelain Surface

Never use a damp cloth on hot porcelain - the white, hardfinish on your range - while the range is hot. The white finish or glaze could be cracked if it is hot when washed. Never use a coarse scouring powder on porcelain enamel.

Grease, milk and acids found in vinegar or fruit juices may even damage surface glaze if not wiped off at once. Use a dry rag or a piece of paper.

Cleaning Electric Units

If food is spilled on an electric cooking unit that is cold, the food may be wiped off with a damp cloth. The food will burn off if the unit is hot.

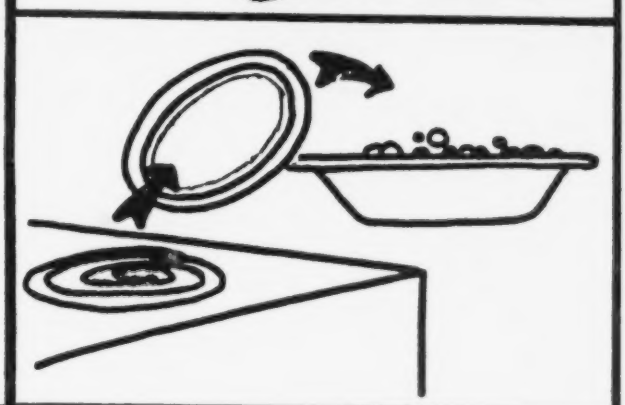


- ทางทำความสะอาดหม้อรองไส้เตาไฟ

- ท่านจะทำความสะอาดหม้อรองไส้เตาไฟ ท่านแม่ให้เอาเตาไฟตรงมองดูไฟให้ดีและให้เตาไฟเย็น แล้วดึงเอาหม้อรองไส้เตาไฟออกมาล้างด้วยน้ำร้อน.

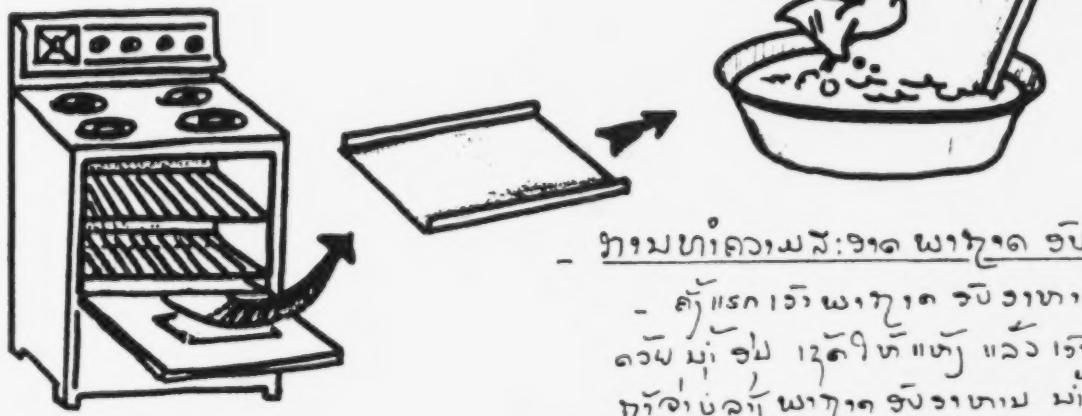
- ขี้สะเหม็นไฟติดหม้อรองเตาไฟ ต้องล้างด้วยสะบู่ฝุ่นเช็ดให้แห้งดี.

- ที่จะเก็บความสะอาดแล้ว เอาหม้อรองเตาไฟเข้าที่ให้ถูกตำแหน่งเปิดไฟใส่ตาม.



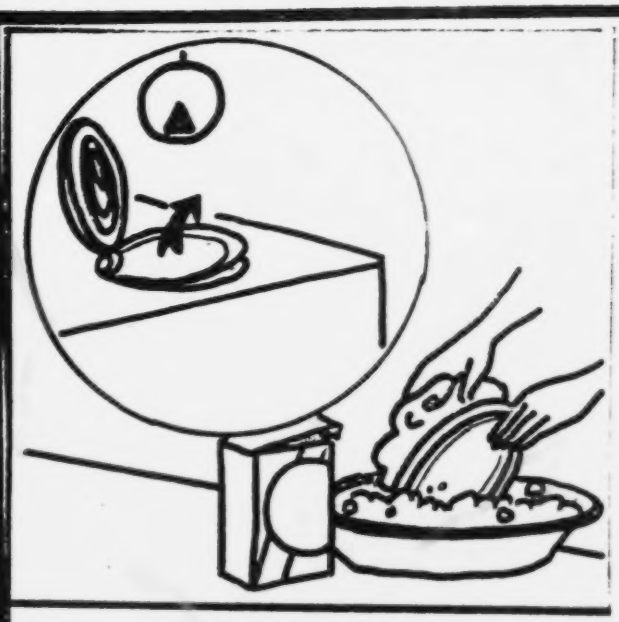
- ทางทำความสะอาดของไส้เตาไฟ:

- ของไส้เตาไฟทุกอย่างสามารถเอาออกได้ ควรล้างด้วยสะบู่ฝุ่นน้ำร้อนน้ำอุ่น, ขี้สะเหม็นลี่ออกดี ที่ของไส้เตาไฟเอาออกบ่ได้ ควรล้างสะบู่ฝุ่นน้ำร้อนน้ำอุ่น เช็ดขี้สะเหม็นให้ออกแล้วเช็ดให้แห้งดี.



- ทางทำความสะอาดผ้าคลุมอบอาหาร:

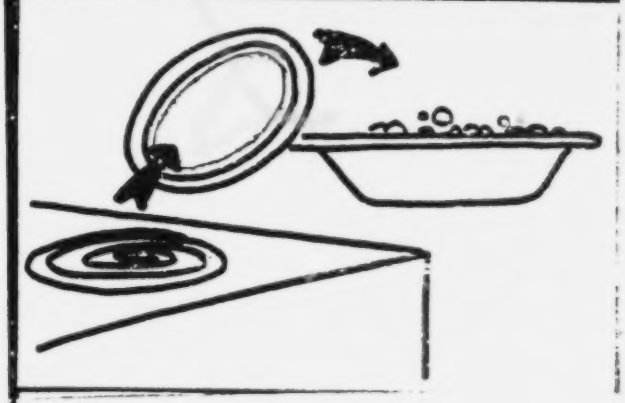
- ครั้งแรกเอาผ้าคลุมอบอาหารออกล้างด้วยน้ำอุ่นเช็ดให้แห้งแล้วเอาใส่บ่อยเท่าที่ล่าบ่ลืมผ้าคลุมอบอาหารน้ำมันมันหยิ่งคือผ้าคลุมเก่าเช็ดเพียงเบาะผ้าให้ไฟให้ขึ้นและมีกลิ่นเหม็นหืนอีก.



Cleaning Reflector Pans

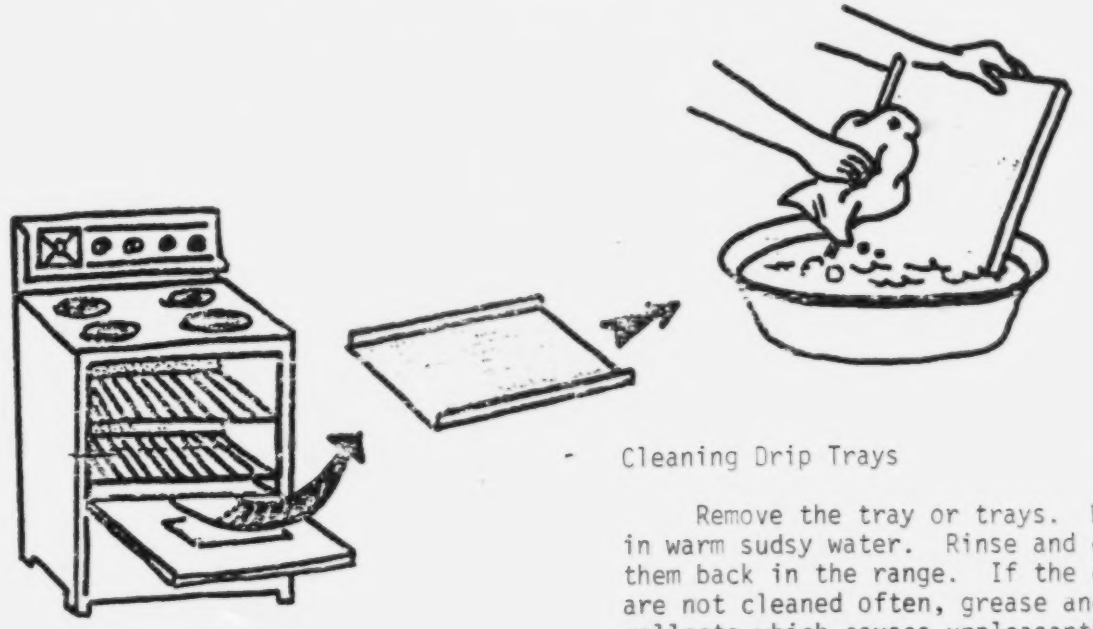
Make sure the switch is turned to off position and the range is cool. If the reflector pan can be taken out, the heating unit can be lifted and tilted back. Remove this pan and wash it in warm sudsy water.

Stubborn spots may be scoured with a mild cleaning powder. Rinse and dry the pan. After cleaning, put the pan back in the range and lower the heating unit.



Cleaning Rims

Many rims can be taken off. First soak in warm soapy water. Scour gently to remove stubborn spots. Rinse and dry. Replace the rim. If the rim can not be taken off, wash it with a cloth wrung out of warm soapy water. Scour to remove stubborn spots. Rinse and dry.



Cleaning Drip Trays

Remove the tray or trays. Wash them in warm sudsy water. Rinse and dry. Put them back in the range. If the drip trays are not cleaned often, grease and food collects which causes unpleasant odor and may be a fire hazard.

ການທຳຄວາມສະອາດເຕົາໄຟຄັ້ງຕ້ອຍແທ້ສ:

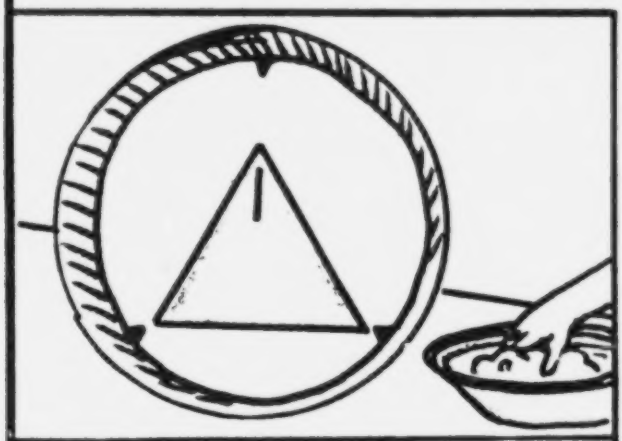
- ເຊັດນ້ຳ ຫຼືນ້ຳຟອກ ແຕ່ລະພາກສ່ວນ ນອງ ເຕົາຄັ້ງຕ້ອຍແທ້ສ. ເວົ້ານຳໃສ່ນ້ຳສະບູ ປະໄວ້ ໜ້ອຍນຶ່ງ ແລ້ວ 10 ນາທີ ຕ່ອນຈຶ່ງຖູຕ້ອຍ ແປ້ງ ອ່ອນ ຫຼ ຫຼື ຫຍ້ອຍ ເຊັດໜ້ ແລ້ວ ລ້ຽງ ສ້ຳ, ຈ່ອນ ສຸດ ກ່ວ ໜ້ອຍ ແລ້ວ ທ່ານ ໃຫ (ເບິ່ງຮູບ)

- ຖ້າຕ້ອງການ ຕາກ ຫ້ ເຕົາໄຟ, ໄຟ ໜ້ ແລະ ຕ ຝ ສ: ນ້ ເອົາ ແພ ແລ້ວ ຈ່ອນ ໃສ່ ນ້ ຈ ໃ ເ ນ້ (AMMONIA) ເຊັດ ໜ້ ອອກ ໝົດ.

ການທຳຄວາມສະອາດນອກເຕົາ ແລະ ປຸ່ມເຕົາ ນ້:

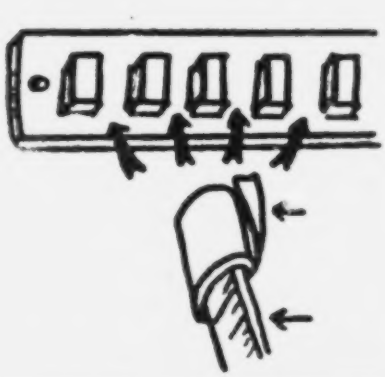
- ປັ ນ ນ ເ ແລະ ປ ໄ ຟ ແລ້ວ ສ ທ ຄວາມ ສ: ອາ ງ ຍ ດ.

- ລ ຕ ຕ ນ ຈ ແລະ ເຊ ໜ້ ແ ດ.



ເປ ດ ແລະ ຍ ເ ໄ ເ:

- ຕ ເ ເຊ ນ ເ ນ ເ: ວ ນ ອ ນ ນ ຫ ແ ວ ຕ, ນ ໄ ເ ຊ ເ ແ ນ ນ ອ ນ ນ ແ: ນ ວ ຕ ແ ເ ເ ເ ໄ ເ ແ ນ, ໄ ນ ນ ສ ນ ຕ ຈ ເ ເ (ຊ ດ)

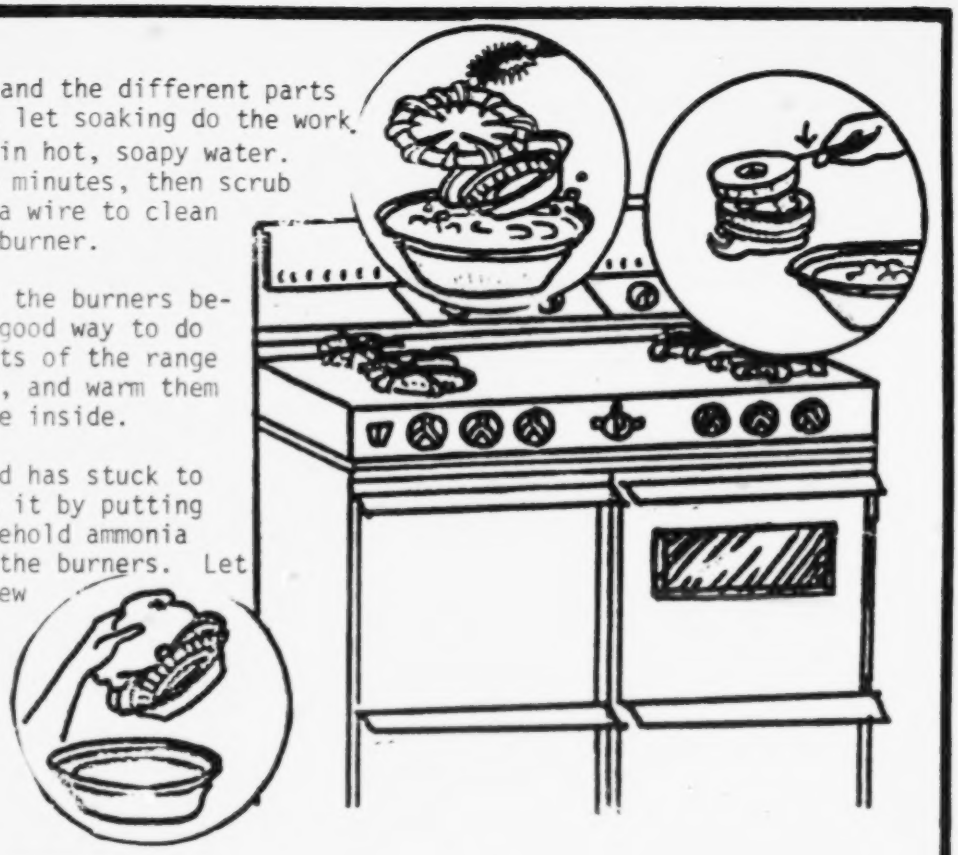


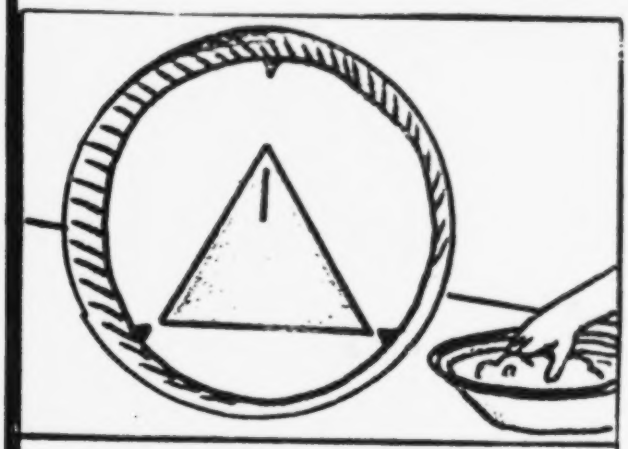
Cleaning Gas Ranges

To clean the burners and the different parts that go with the burner, let soaking do the work. Remove and immerse them in hot, soapy water. Let these parts soak ten minutes, then scrub them with a brush. Use a wire to clean clogged openings in the burner.

Rinse, drain, and dry the burners before replacing them. A good way to do this is to put these parts of the range in the oven, upside down, and warm them until they are dry on the inside.

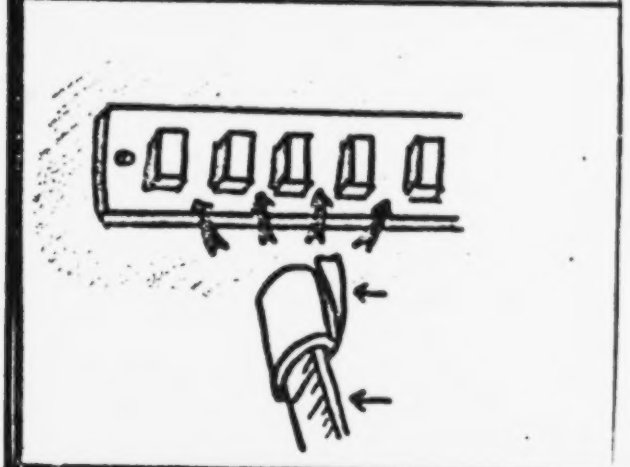
If food has burned and has stuck to the burner bowls, loosen it by putting a cloth soaked with household ammonia over the burned food on the burners. Let the cloth stay there a few hours.





Cleaning Switches

Switches that turn: These round switches with a smooth surface are easy to clean. Wash them with warm sudsy water. Rinse and dry.

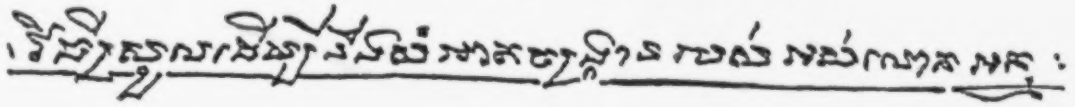


Switches that push into the range. To clean between push-button switches, use a small stick wrapped with a piece of cotton or rag. Do not use metal. The metal could cause an electric shock to you and scratch finish of your range.

REFUGEE PROGRAM
USU EXTENSION
UMC 29 - LOGAN, UTAH 84322

BEST COPY AVAILABLE

THE EASY WAY TO CLEAN YOUR RANGE

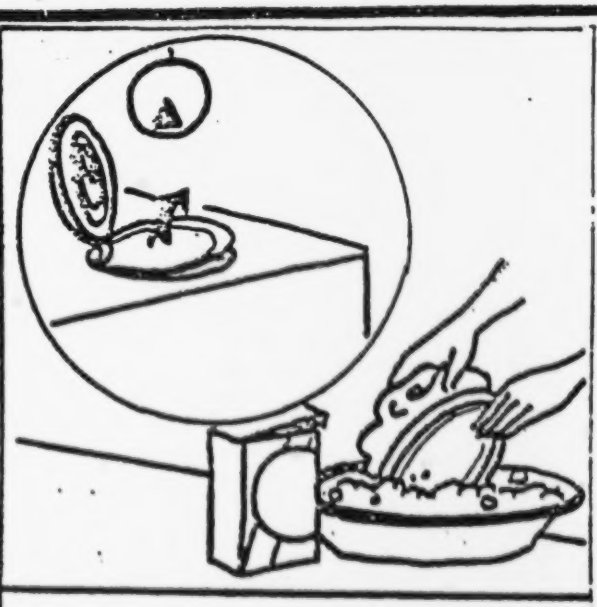


Khmer TRANSLATION

Cooperative Extension Service
Utah State University • Logan

The Utah Cooperative Extension Service, an equal opportunity employer, provides programs and services to all persons regardless of race, sex, color or national origin.

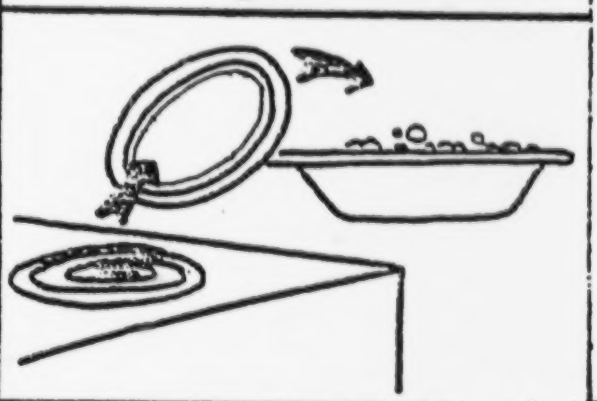
Issued in furtherance of Cooperative Extension work, Acts of May 9 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. J. Clark Ballard, Vice President and Director, Cooperative Extension Service, Utah State University.



Cleaning Reflector Pans:

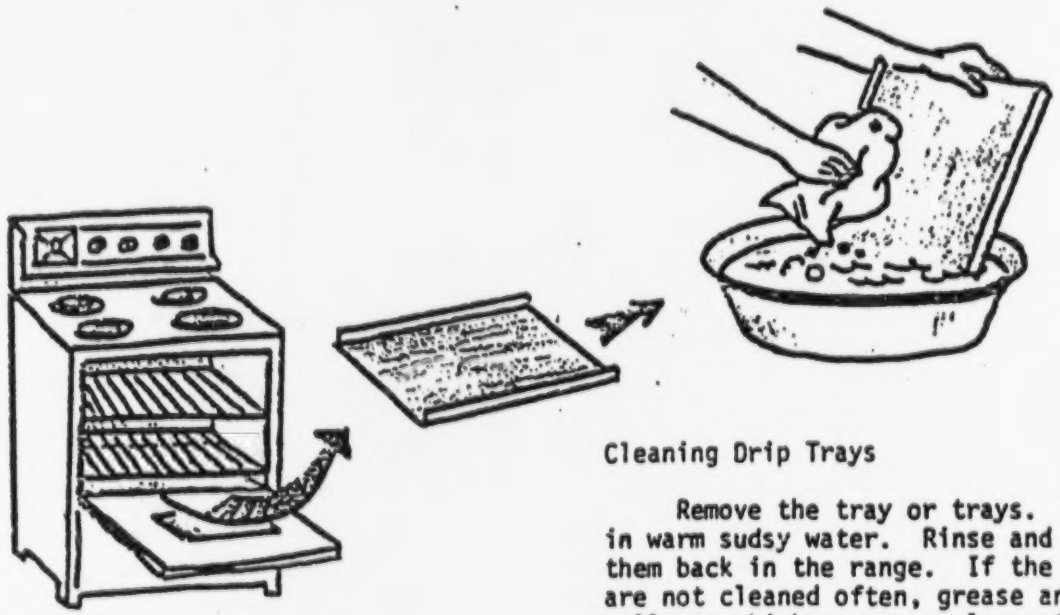
Make sure the switch is turned to off position and the range is cool. If the reflector pan can be taken out, the heating unit can be lifted and tilted back. Remove this pan and wash it in warm sudsy water.

Stubborn spots may be scoured with a mild cleaning powder. Rinse and dry the pan. After cleaning, put the pan back in the range and lower the heating unit.



Cleaning Rims

Many rims can be taken off. First soak in warm soapy water. Scour gently to remove stubborn spots. Rinse and dry. Replace the rim. If the rim can not be taken off, wash it with a cloth wrung out of warm soapy water. Scour to remove stubborn spots. Rinse and dry.



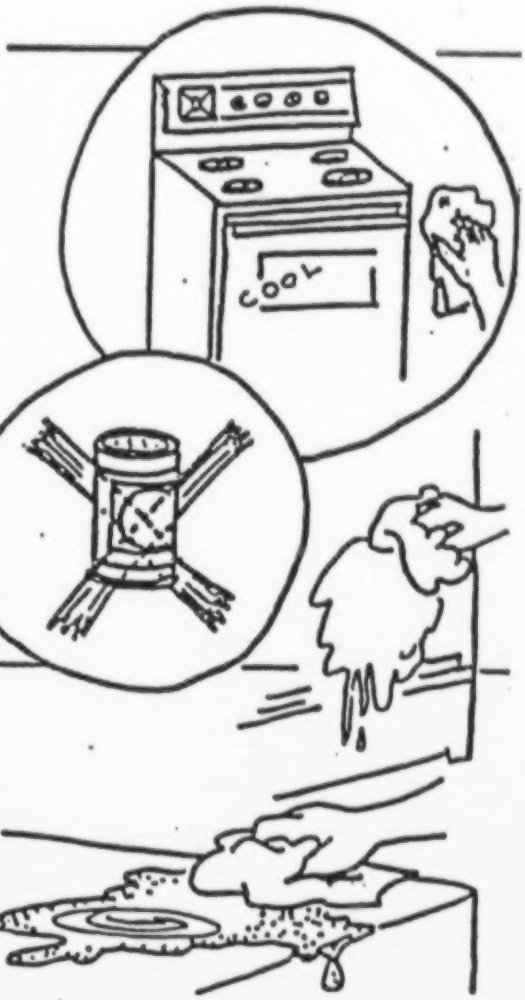
Cleaning Drip Trays

Remove the tray or trays. Wash them in warm sudsy water. Rinse and dry. Put them back in the range. If the drip trays are not cleaned often, grease and food collects which causes unpleasant odor and may be a fire hazard.

THE EASY WAY TO CLEAN YOUR RANGE

Your range should be cleaned every day. Make a habit to clean the work area and back and the pans under the cooking units each day.

At some time, all other parts of the range will need to be cleaned. How often depends upon how much and how carefully you use the range.



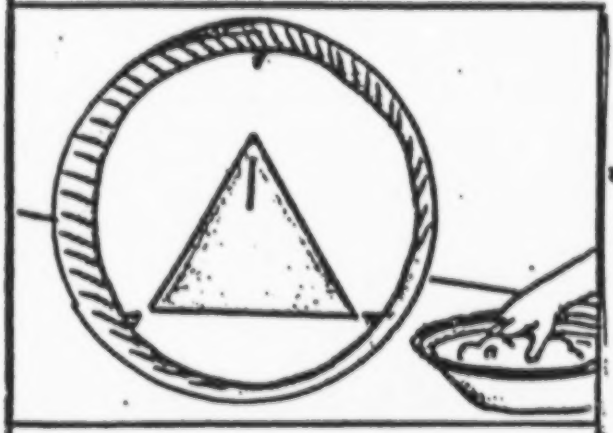
Cleaning Porcelain Surface

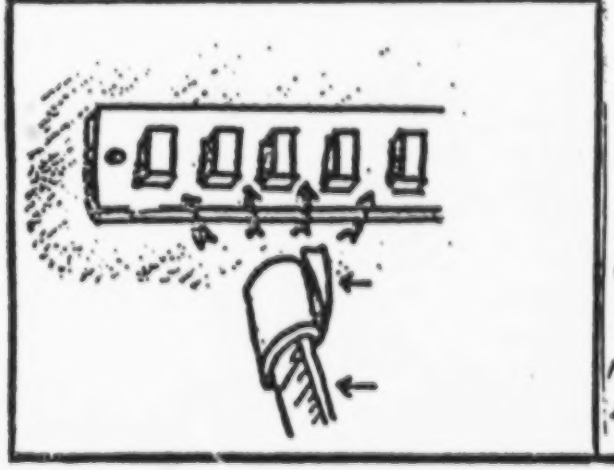
Never use a damp cloth on hot porcelain - the white, hardfinish on your range - while the range is hot. The white finish or glaze could be cracked if it is hot when washed. Never use a coarse scouring powder on porcelain enamel.

Grease, milk and acids found in vinegar or fruit juices may even damage surface glaze if not wiped off at once. Use a dry rag or a piece of paper.

Cleaning Electric Units

If food is spilled on an electric cooking unit that is cold, the food may be wiped off with a damp cloth. The food will burn off if the unit is hot.



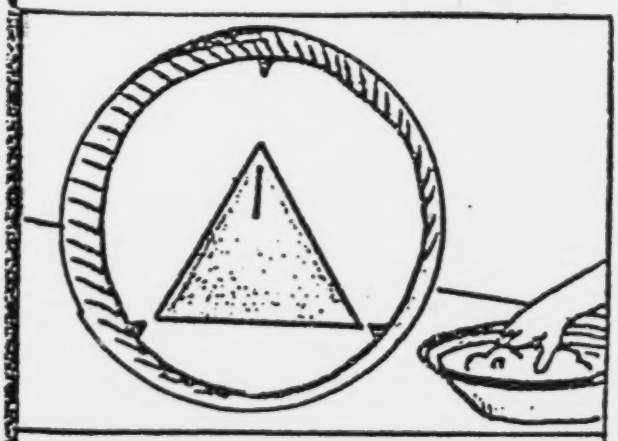


Cleaning Gas Ranges

To clean the burners and the different parts that go with the burner, let soaking do the work. Remove and immerse them in hot, soapy water. Let these parts soak ten minutes, then scrub them with a brush. Use a wire to clean clogged openings in the burner.

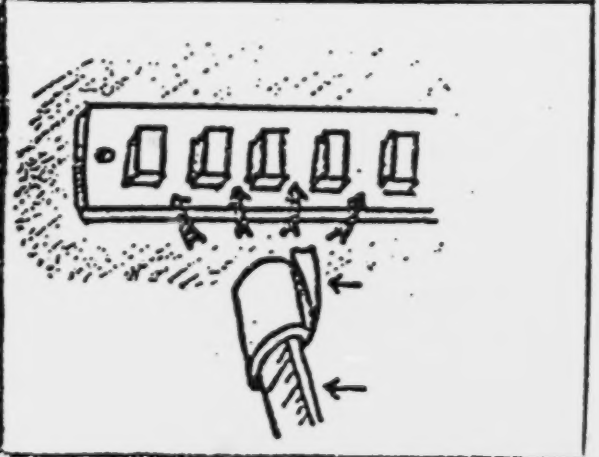
Rinse, drain, and dry the burners before replacing them. A good way to do this is to put these parts of the range in the oven, upside down, and warm them until they are dry on the inside.

If food has burned and has stuck to the burner bowls, loosen it by putting a cloth soaked with household ammonia over the burned food on the burners. Let the cloth stay there a few hours.



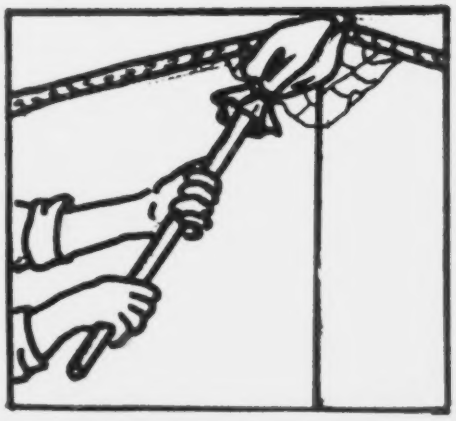
Cleaning Switches

Switches that turn: These round switches with a smooth surface are easy to clean. Wash them with warm sudsy water. Rinse and dry.

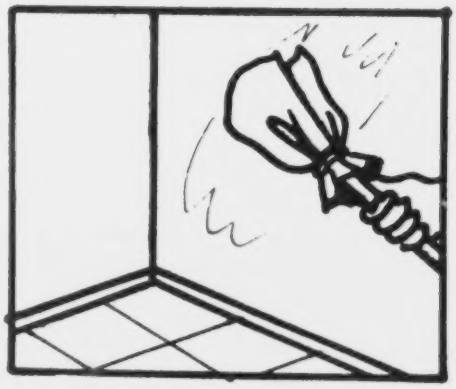


Switches that push into the range: To clean between push-button switches, use a small stick wrapped with a piece of cotton or rag. Do not use metal. The metal could cause an electric shock to you and scratch finish of your range.

CLEANING WALLS AND CEILINGS:



1. Sweep spiderwebs and dust from ceilings and walls.



2. Dust ceilings and walls.

3. Set cleaning buckets on old newspaper. Wash and rinse small spots on wall from top to bottom.

4. Rinse with clean water...Dry with clean rags.

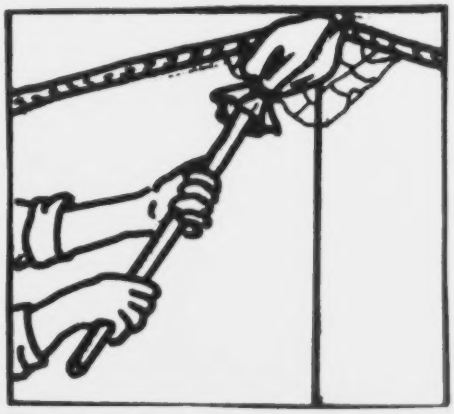
Refugee Programs

Cooperative Extension Service
Utah State University • Logan

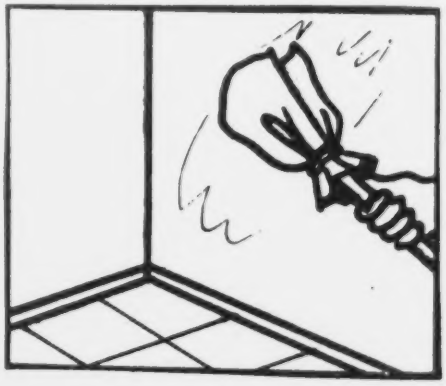
The Utah Cooperative Extension Service, an equal opportunity employer, provides programs and services to all persons regardless of race, sex, color or national origin.

Issued in furtherance of Cooperative Extension work, Acts of May 9 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. J. Clark Ballard, Vice President and Director, Cooperative Extension Service, Utah State University.

LAU CHÙI VÁCH TƯỜNG VÀ TRẦN NHÀ:



1. Quét sạch bụi và dấn nhện đọng trên tường và trần nhà.



2. Dùng chổi sạch quét lại lần nữa.

3. Lót giấy báo cũ dưới đít thùng nước xà - phòng để khỏi dơ thảm. Chùi vách tường bằng giẻ sạch nhúng vào nước xà phòng, vắt sổ.

4. Xả giẻ trong nước cho đến khi sạch, lau trở lại... Dùng giẻ khô lau cho thật ráo.

Translated by Tuyet Seethaler
Refugee Programs

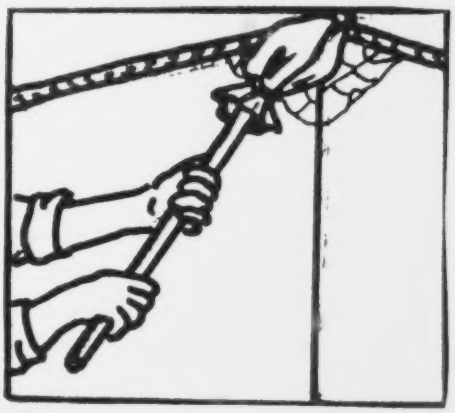
Cooperative Extension Service
Utah State University • Logan

The Utah Cooperative Extension Service, an equal opportunity employer, provides programs and services to all persons regardless of race, sex, color or national origin.

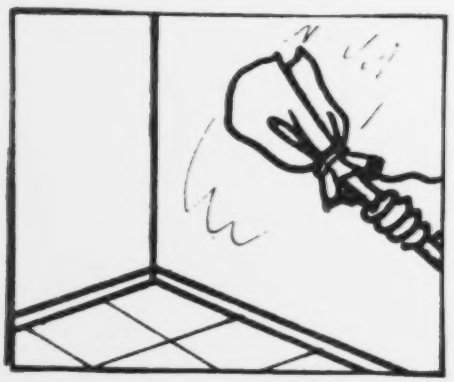
Issued in furtherance of Cooperative Extension work, Acts of May 9 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. J. Clark Ballard, Vice President and Director, Cooperative Extension Service, Utah State University.

CLEANING WALLS AND CEILINGS: LAO Translation

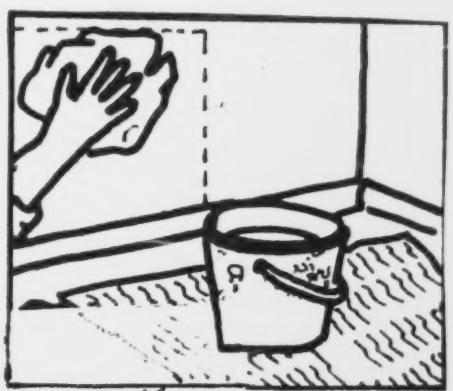
ວິທີທຳຄວາມສະອາດ - ຝາແລະເພດານ:



1- ເຊັດໃຍແມງມຸມ ແລະຂີ້ຝຸ່ນ ອອກຈາກ ຝາແລະ ເພດານ.



2- ເຊັດຂີ້ ຝຸ່ນ ອອກຈາກ ເພດານ ແລະຝາ.



3- ກ່ອນຈະລ້າງ ຄ ແ ຊ ະ ບ ລ ຫຼັ ນ ເຮືອ ປ ໝ ສ ພ ເກົ່າ ລ. ຊ ັ ນ ແ ລ ທ ເ ມ ໄ ? ເ ປ ຕ ຝ ນ ອ ຈ ສ ແ ລ ງ ດ.

4- ເ ລ ລ ຍ ນ ສ ຈ . . . ເ ລ ລ ຍ ນ ຈ ແ ໜ ງ .

ພາສາລາວ ແປໂດຍ ອິນສີມຸກດາ

LAO TRANSLATION BY INH SIMOUKDA

Cooperative Extension Service
Utah State University • Logan

The Utah Cooperative Extension Service, an equal opportunity employer, provides programs and services to all persons regardless of race, sex, color or national origin.

Issued in furtherance of Cooperative Extension work, Acts of May 9 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. J. Clark Ballard, Vice President and Director, Cooperative Extension Service, Utah State University.

Cooperative Extension Service
Utah State University • Logan

A CLEAN BATHROOM – for a clean house

LAU CHÙI BUỒNG TẮM ĐỂ GIỮ NHÀ CỬA CHO SẠCH SẼ

Viet Translation

by Tuyet Seethaler

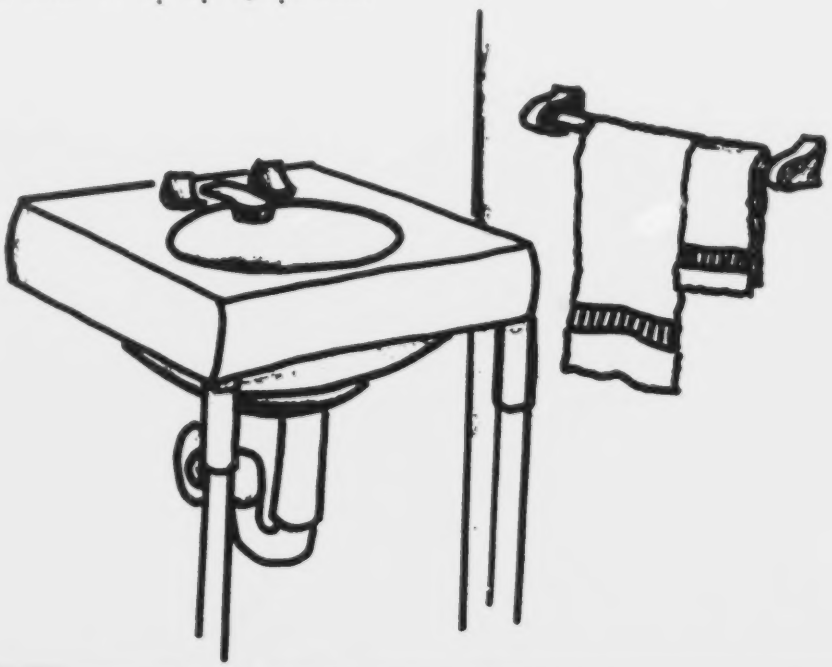
Everyone in the family can help keep the bathroom clean. Each should:

- Turn off faucets.
- Rinse out the sink.
- Hang up towels and washcloths.
- Wash out the bathtub after use.
- Flush the toilet after each use.
- Never put any kind of paper but toilet paper in the toilet.

VIET TRANSLATION

Bất cứ người nào trong gia đình cũng có thể tiếp tay trong việc giữ cho buồng tắm được sạch sẽ. Mỗi người sau khi dùng buồng tắm nên:

- Vặn tắt tất cả các vòi nước đừng để nước nhểu giọt
- Xả sơ qua các bồn nước
- Vắt khăn lông 1 cách gọn ghẽ
- Xả nước dội cầu mỗi lần đi tiểu tiểu
- Chỉ bỏ giấy đi cầu vào cầu tiểu mà thôi, đừng bỏ 1 loại giấy nào khác vì sợ bị nghẹt cầu.



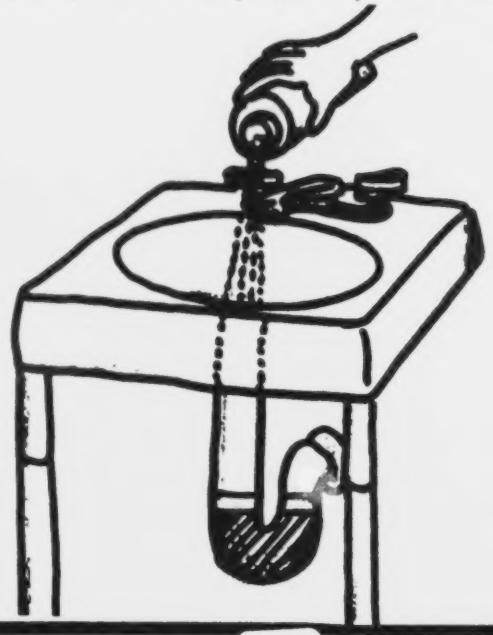
TO CLEAN THE SINK, FAUCETS, TUB, OR SHOWER:

- Wash with a soapy cloth or sponge.
- Use fine scouring powder for dirty marks.
- Rinse with clear water.
- Bleach stains with a household bleach mixed with water. Strong bleaches will damage the enamel.
- Pipes can stop up. If drains are slow, use a special drain cleaner.

Viet Translation

Chùi la-va-bô, đồ vặn, bồn tắm hoặc bông sen (douche)

- Dùng dẻ hoặc bùi nhùi nhúng vào nước ấm pha với xà-phòng bọt (quậy sùi bọt lên) rồi lau.
- Những chỗ dơ nhiều, thì dùng xà phòng bột loại chùi cầu như "comet" chùi sẽ ra nhanh hơn.
- Dùng nước sạch xả cho sạch.
- Dùng am-mô-nhắc loại "household ammonia" pha loãng với nước mà chùi các phần bằng sứ hoặc có tráng men.
- Ống nước có thể bị nghẹt. Khi thấy nước xuống chậm, nên dùng các loại bột bán ở chỗ đặc biệt giúp cho thông ống nước.



To Clean the Toilet:

- Wash the tank, bowl, seat, and lid with hot, soapy water.
- Scrub the inside of the toilet bowl with long-handled brush and scouring powder.

  Never use this brush for anything else.
- You can use a special cleaner for toilet bowls to take away stains and smells.

CAUTION:

Don't use a bleach and toilet cleaner at the same time. This makes poison fumes.

Chùi cầu:

- Pha xà phòng bột với nước nóng, quậy cho sùi bọt, lấy dẻ nhúng vào lau chỗ ngồi, chung quanh bồn, nắp đậy cầu.
- Dùng bàn chải chùi cầu có tay cầm dài, chùi trong cầu cho sạch, dội, rắt bột chùi cầu lên (comet hoặc 1 hiệu nào khác), chùi 1 lần nữa.

  Bàn chải chùi cầu chỉ được dùng để chùi cầu mà thôi!

Đừng bao giờ trộn lộn am-mô-nhác với bột chùi cầu vì hỗn hợp này sẽ phát sinh hơi độc

The Utah Cooperative Extension Service, an equal opportunity employer, provides programs and services to all persons regardless of race, sex, color or national origin.

Issued in furtherance of Cooperative Extension work, Acts of May 9 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. J. Clark Ballard, Vice President and Director, Cooperative Extension Service, Utah State University.

EL 205 R16

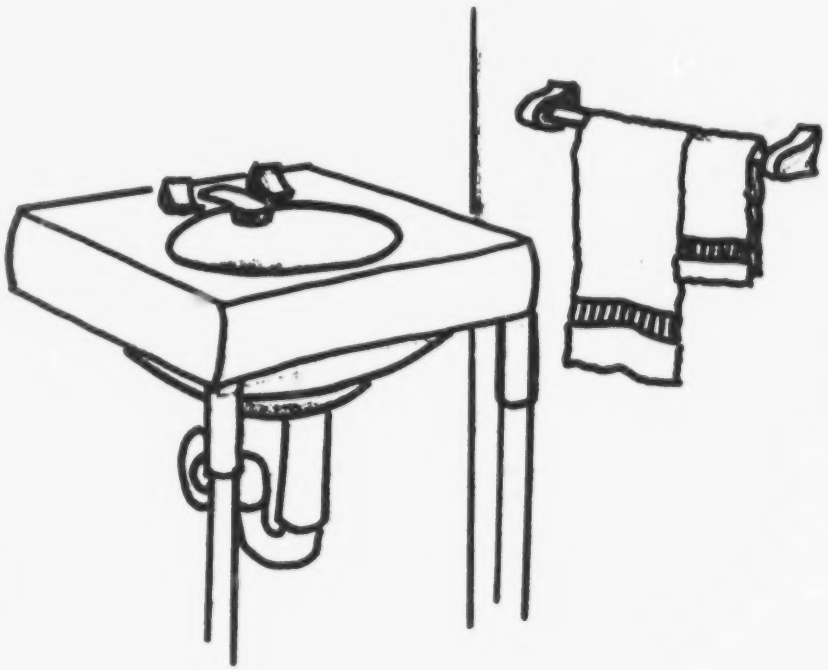
Cooperative Extension Service
Utah State University • Logan

A CLEAN BATHROOM – for a clean house

Lao Translation

- ຫຼາຍໆຄົນຢູ່ໃນຄອບຄົວຫລັງຮ່ວຍຫົນຮັກສາຄວາມສະອາດຫລັງນ້ຳດ້ວຍ:

- ປິດນ້ຳ.
- ເຊັ້ດອ່າງລ້າງໜ້າ.
- ຫາກຜ້າເຊັດຕົວໃສ່ບ່ອນຫາກ.
- ລ້າງອ່າງອາບນ້ຳທັນສະອາດ ຫຼັງຈາກໃຊ້ແລ້ວ.
- ລ້ຽງສັດນ້ອຍ ຫຼັງຈາກກ່ຽງແຫ່ລະເທື່ອ.
- ຫ້ານຂີ້ເຜື້ອຫຸກໆສະຫົດ ລົງສ້ວມກ່ອນໃຊ້ສະເໝາະ ເຊັ່ງອາດເກີດພະຍາດໄດ້.

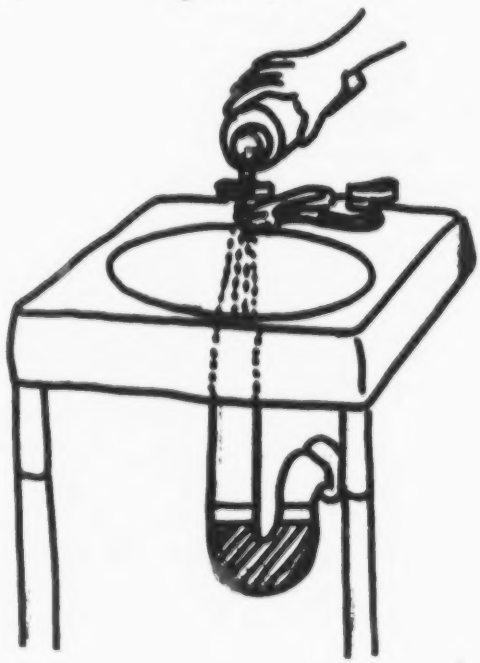


Everyone in the family can help keep the bathroom clean. Each should:

- Turn off faucets.
- Rinse out the sink.
- Hang up towels and washcloths.
- Wash out the bathtub after use.
- Flush the toilet after each use.
- Never put any kind of paper but toilet paper in the toilet.

ການຮັກສາອ່າງລ້າງໜ້າ, ບ່ອນເປີດນ້ຳ, ອ່າງອາບນ້ຳ ຫຼື ຫ້ອງນ້ຳ:

- ລ້າງດ້ວຍແຊໃສ່ສະບູຫຼືໃສ່ຟອງນ້ຳ.
- ໃສ່ສະບູຝຸ່ນ (AJAX) ຫ່ານັບສິ່ງທີ່ເປື້ອນແລະລ້າງຍາກ.
- ລ້າງດ້ວຍນ້ຳສະອາດ.
- ນ້ຳບໍ່ຂັ້ນຄວນ ຫ້າໃສ່ເຄມີຫຼາຍຈະໜາໃຫ້ອ່າງນ້ຳເສັຍໄດ້.
- ກ່ອນວ່ານ້ຳວ່ານ ຍ້ອນວ່າຂອງສົກກະປົກຕົນຫ່ໍ່ນ້ຳ ຕ້ອງໃຈ້ຍ່ານ ຟັດ ຣ ເພື່ອໃຫ້ຂອງສົກກະປົກເປື່ອງໃຫ້ລົງງ່ອຍ.



TO CLEAN THE SINK, FAUCETS, TUB, OR SHOWER:

- Wash with a soapy cloth or sponge.
- Use fine scouring powder for dirty marks.
- Rinse with clear water.
- Bleach stains with a household bleach mixed with water. Strong bleaches will damage the enamel.
- Pipes can stop up. If drains are slow, use a special drain cleaner.

ວິທີຮັກສາຄວາມສະອາດຫ້ອງນ້ຳ:

- ລ້າງກັ່ງນ້ຳ, ຫົວສ້ວມ, ບ່ອນນັ່ງ ແລະຝາຫ້ອງສ້ວມດ້ວຍສະບູ ປະສົມນ້ຳຮ້ອນ.
- ຖູຫ້ອງສ້ວມດ້ວຍແປງມ ແລະສະບູຝຸ່ນ(scouring powder)
- ບ່ອງຮ້ຳແປງຖູສິ່ງສົກກ່ອນ.
- ໃຊ້ຜ້າ ຫຼືກະດາດເຊັດ ລ້າງຫ້ອງສ້ວມ ເພື່ອບໍ່ໃຫ້ເຮັດໃຫ້ພື້ນປຽກ.

ຄວນລະວັງ:
ບ່ໃຫ້ໃຊ້ເຄື່ອງໃຊ້ໃນສ້ວມຫ້ອງ ເວລາຢູ່ວ່ານັ້ນ ຫຼືເຮັດໃຫ້ເປື້ອນ.

To Clean the Toilet:

- Wash the tank, bowl, seat, and lid with hot, soapy water.
- Scrub the inside of the toilet bowl with long-handled brush and scouring powder.

  Never use this brush for anything else.
- You can use a special cleaner for toilet bowls to take away stains and smells.

CAUTION:

Don't use a bleach and toilet cleaner at the same time. This makes poison fumes.

The Utah Cooperative Extension Service, an equal opportunity employer, provides programs and services to all persons regardless of race, sex, color or national origin.

Issued in furtherance of Cooperative Extension work, Acts of May 9 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. J. Clark Ballard, Vice President and Director, Cooperative Extension Service, Utah State University.

ການຈັດ ວລາ
ເພື່ອ ທຳ ຄວາມ ສະອາດ ຢ່າ ເຮືອນ
ຂອງ ຕົນ.

(WHEN TO DO HOUSE CLEANING JOBS)

Lao Translation

Translated by
Khamban Vongthongchith

Cooperative Extension Service
Utah State University • Logan

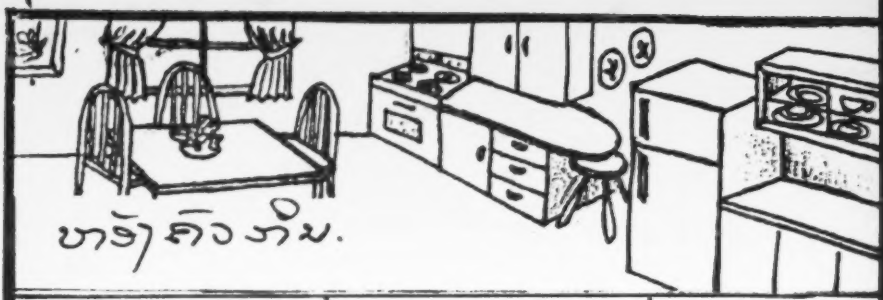
ເດັກຊັ້ນຄູ່ ມີ ຫ້ອງ ນ້ ຳ ເພື່ອ ຊ່ວຍ ກັນ ຄົ ້ ນ ຄ ້ ວ ້ າ
ແລະ ການ ຈັດ ທ ຳ ຄວາມ ສະອາດ ຫ ້ ອງ ຮ ຽ ນ
ຂອງ ຕົ ນ .

* ເດັກ ທ ຳ ຄວາມ ສະອາດ ບ ່ ອ ນ ຕ ່ າ ງ ໆ ຕາມ ເວ ລ
ທີ ່ ກ ຳ ນ ົ ດ ໄ ວ ້ ແ ຕ ່ ລ ະ ວ ັ ນ .
* ບ ່ ອ ນ ໃ ດ ທ ີ ່ ເ ດ ັ ກ ນ ້ ອ ຍ ເ ຮ ັ ດ ບ ໍ ່ ໄ ດ ້ ຄ ູ ຈ ະ ຊ ່ ວ ຍ .
* ພ ວ ກ ເ ຂ ົ າ ມ ັ ກ ຈ ະ ເ ຮ ັ ດ ໃ ຫ ້ ເ ດ ັ ກ ນ ້ ອ ຍ ເ ບ ິ ່ ງ .

- ตามหาความสุขจากพวกเขาเจ้าได้บ้างบ้างหรือบ่? บางทีเจ้าอาจจะเห็นว่าเขามีความสุขมากและเป็นคนที่มีเพื่อนมากมาย.

* บ่ควรเสียดายเงินทองที่เขามีหรือทรัพย์สินต่างๆ ของเขาเหล่านั้นที่เขาได้มาและมีอยู่
* จงอย่าริษยาหรือโลภอยากได้ทรัพย์สินของเขาเหล่านั้นที่เขามีอยู่
* อย่าละทิ้งเพื่อนเก่าของเจ้าเพื่อหาเพื่อนใหม่
* เสียดายเวลาที่ผ่านมา
* เสียใจหรือละอายใจ
* หาโอกาสใหม่ๆ ที่จะได้เรียนรู้สิ่งใหม่ๆ

- ถึงแม้ว่าเจ้าจะมีเงินทองมากมายเท่าใดก็ตาม เจ้าก็ยังรู้สึกว่าขาดอะไรบางอย่างอยู่ดี ถูกต้องหรือไม่? ถูกต้องแล้วที่เจ้าคิดเช่นนั้น.
- ตราบใดที่เจ้ายังมีชีวิตอยู่ ตราบนั้นเจ้าจะต้องมีความสุขและมีความทุกข์ปะปนกันไป.

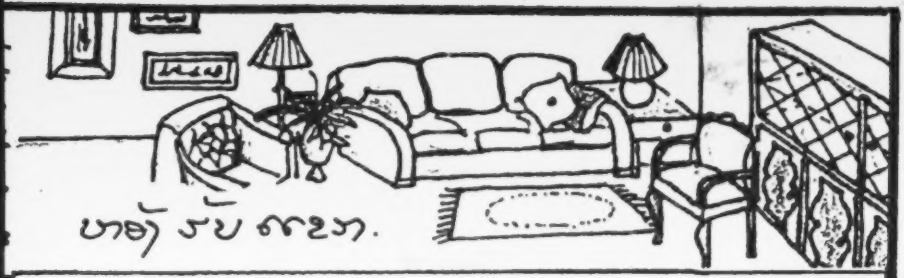


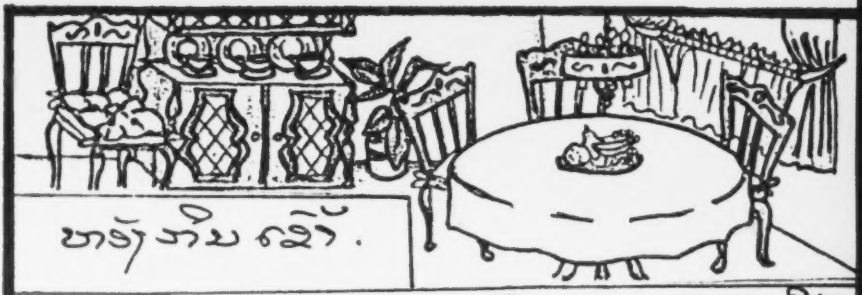
ห้องครัว

แต่ละวัน	แต่ละห้อง	เสร็จไปแล้วหรือยัง
- ล้าง ถูพื้น. ขัด. ปัด - เช็ด โต๊ะ. ตั้ง - ตั้ง. - กวาด พื้น - ฝา - เช็ด ที่ใส่ไฟฟ้า. ที่ เสียบ ปลั๊กไฟ. เช็ด อ่าง ล้าง ถูพื้น กวาดพื้น ดูดฝุ่น, ผัดผ้าปูโต๊ะ.	ทำความสะอาด ตู้เย็น. ล้าง ที่เสียบปลั๊กไฟ เช็ดฝุ่น. กวาดพื้น.	ล้างจานใส่ชั้น ผลไม้ในตู้ เช็ดฝา. ผนังห้อง ปัดฝุ่นรูปภาพ ที่. ผัดเปลี่ยนผ้า ไป, รูย. กวาดพื้น.

ฉันจะช่วยงานทำความสะอาด
ของเขาสิ่งไปก่อนนะ.

แต่ละวัน	แต่ละห้อง.	เสร็จไปแล้วหรือยัง.





ภาษาไทยน่ารู้.

ครั้งต่อไปเจอกัน	แต่ละอาทิตย์	แต่ละวัน
เจอกันวันจันทร์ที่ ๑๐ มีนาคม เวลา ๑๓:๐๐ น.	ทุกวันพุธ เวลา ๑๐:๐๐ น.	ทุกวันอังคาร เวลา ๑๓:๐๐ น.

ฝึกอ่านประโยคต่อไปนี้ให้คล่องแคล่ว

ครั้งต่อไปเจอกัน	แต่ละอาทิตย์	แต่ละวัน

ຫ້ອງນ້ຳ.

ປະຈຳວັນ	ປະຈຳອາທິດ	ເຮັດຕໍ່ໄປເລື້ອຍໆ
ເອົາຜ້າທີ່ເປື້ອນອອກ ຖ້ອງກະຕ່າເຊັ່ນເສດ. ລ້າງມ່ອງນ້ຳ. ອ່ານ ລ້າໜ້ານ້ຳ. ຖູຝາ.	. ຖູຮ່ອມ ລ້າງກະຕ່າເຊັ່ນ ເສດ. ຖູພື້ນ, ລ້າງຫ້ອງນ້ຳ	- ເຮັດຕ້ຽງ, - ເອົາສ້ຽງ ເກົ່າ ຫຼຸດຖິ້ມ ທຸກ, ເອົາກ້ວຍເປົ່າ ຖິ້ມ. ເຊັດຝາ ເພດານ. ປ່ຽງ ປ່ຽນ ຜ້າມ້ຽ. ແລະ ເຮັດ ຄວາມ ສະອາດ

ຂຽນລາຍລ່ະອຽດ ແຜນການ ທີ່ ຄວາມ ສະອາດ 2 ຢ່າງ ຂ້ອນ.

ແຕ່ລະວັນ	ແຕ່ລະອາທິດ	ເຮັດໄປເລື້ອຍ

ຫ້ອງ ນອນ.

ແຕ່ລະວັນ	ແຕ່ລະອາທິດ	ເຮັດຕໍ່ໄປເລື້ອຍໆ
ແປງຕຽງນອນ. ຈັດເຄື່ອງຫຼິ້ນໃຫ້ ເປັນລະບຽບ.	- ປັດ ເຈ້ຍ ປ່ອງ - ປັດ ສີ ຫ້ອງ - ປັດ ຖິ້ມ ຕັ້ງ ຕູ້ ແລະ ພົມ	- ປັດ ເສື້ອ. ເຊັດ ຝາ. ເພດານ ແປ້ນ. ສັ ແຕ່ ຕົ ໂຕະ, ຕັ້ງ. ເຕົ້າ ເອກະໄຊ- ແວ່ນ. ແລະ ຮູບ - ຜັດ ປ່ຽ ປ່ຽນ ແລະ ຜ້າ ຫົ.

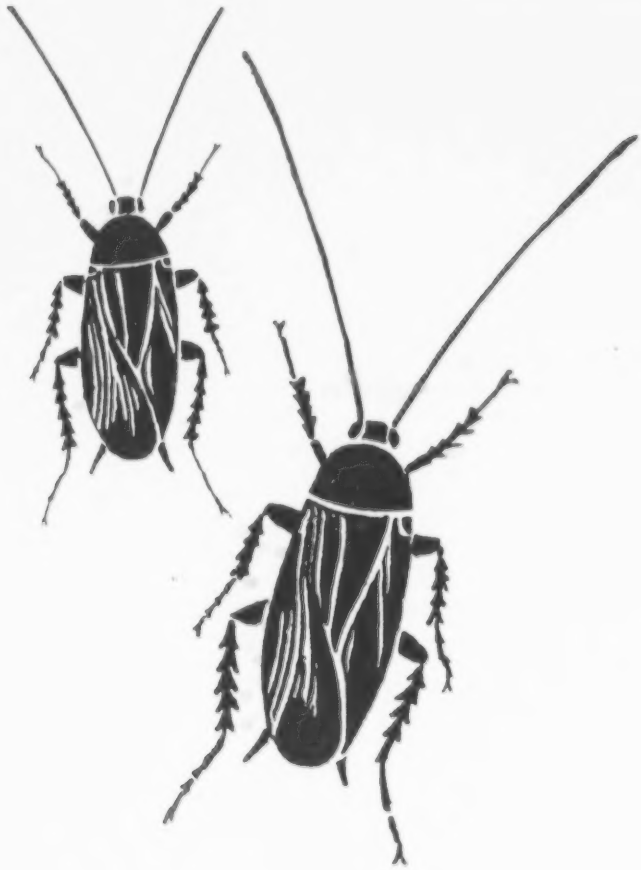
ຂຽນ ແຜນການ ທໍ ຄວາມ ສະອາດ
ຂອງ ເຈົ້າ ລົງ ໃນ ສຸ ນີ້ ເລີ.

ແຕ່ລະວັນ.	ແຕ່ລະ ອາ ທິດ	ເຮັ ຕໍ່ ໄປ ເລື ອ ຍ

The Utah Cooperative Extension Service, an equal opportunity employer, provides programs and services to all persons regardless of race, sex, color or national origin.

Issued in furtherance of Cooperative Extension work, Acts of May 9 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. J. Clark Ballard, Vice President and Director, Cooperative Extension Service, Utah State University.

ການ ທຳ ລາຍ ຫນ ສາ
ຈະ ເຮັດ ໃຫ ບາ ບ ເຮ ອ ສ ທ ານ
ສ ຫ ແ ລະ ປ ອ ໄ ຫ ດ



ຫຼັງຈາກທ່ານໄດ້ເອົາ ຫຼື ເສດອາຫານສ່ວນທ່ານ ປະໄວ້ເຮັດ
ເຮືອນ ຄືແນວໃດຄືນບໍ? ແລະ ທ່ານຍັງໄດ້ເອົາອາຫານ
ປະໄວ້ເທິງ ໂຕະ ຫຼື ຕັ້ງອາຫານ ໂດຍບໍ່ໄດ້ປົດຜ້າ
ເຊັດອອກໄວ້ບໍ? ຕົວແມ່ນ ຫຼື ສ່ານ ຫຼັງຈາກ ນັ້ນ ອາຈ
ຈະມີ ຄົນ ອາຫານ ເຂົ້າ ທ່ານ ກິນ ຊ້ຳ ໃນ ຫຼື ເສດອາ
ຫານ ແລ້ວ ນັ້ນ ຈະ ໄດ້ ມາ ຄົນ ອາຫານ ທີ່ ທ່ານ ປະ ໄວ້
ເທິງ ໂຕະ ແລະ ຕັ້ງ ທ່ານ ບໍ່ ໄດ້ ປົດ ຫຼື ເຊັດ ຜ້າ ນັ້ນ.

ພວກ ອາ ຈະ ແມ່ ເຊື້ອ
ເຊື້ອ ພະຍາດ ຕ່າງ
ຕ່າ ເລີ ໄປ ຕິດ ຕົວ
ທ່ານ ໄວ ທີ່ ສຸດ ແລ
ຈະ ເຮັດ ໃຫ້ ທ່ານ ແລະ
ຄອບ ຄົວ ຂອງ ທ່ານ
ເປັນ ໄຂ້.

ตัวอย่างสำนวนที่นักศึกษาได้ยินทุกวันในห้องเรียน. สำนวนหลายสำนวนนักศึกษาใช้ในชีวิตประจำวันด้วย.

ปิดหนังสือแล้วเก็บเข้าที่.
- ตอนเรียนให้ปิดเครื่องของท่านด้วย.

ตอนนี้เวลาอาหารของท่าน
แล้ว. เอาหนังสือเก็บเข้าที่ด้วย.

เอาขยะของท่านทิ้งในถังขยะ.
ถ้าไม่มีถังขยะในห้องนี้
ให้ไปทิ้งที่ถังขยะข้างนอก.

ตอนนี้เวลาอาหารของท่าน

ถ้ามีขยะขวดพลาสติกในห้องนี้
ให้เอาไปทิ้งในถังขยะของท่านที่บ้าน.

BEST COPY AVAILABLE

ยากำจัดแมลงสาบ.

- ผู้ที่ใช้ยาฉีดแมลงในครัวเรือนควรใช้ยาที่มีสารดังต่อไปนี้.

1) DIAZINON
2) DDVP.
3) RONNEL
4) MALATHION

ใช้ยาฉีดแมลงสาบตามรอยต่อที่แมลงสาบใช้เดินไปมา.

เพื่อหลีกเลี่ยงอันตรายต่างๆ ควรปฏิบัติตามคำแนะนำที่ระบุไว้ในฉลากอย่างเคร่งครัด. ควรเก็บยาให้พ้นมือเด็ก. ควรหลีกเลี่ยงการสัมผัสกับผิวหนังโดยตรง. และควรล้างมือทันทีหลังจากสัมผัสยา.

- Adapted from material provided by the alabama cooperative extension service, Auburn UNIVERSITY.

Translated by Khamkhane

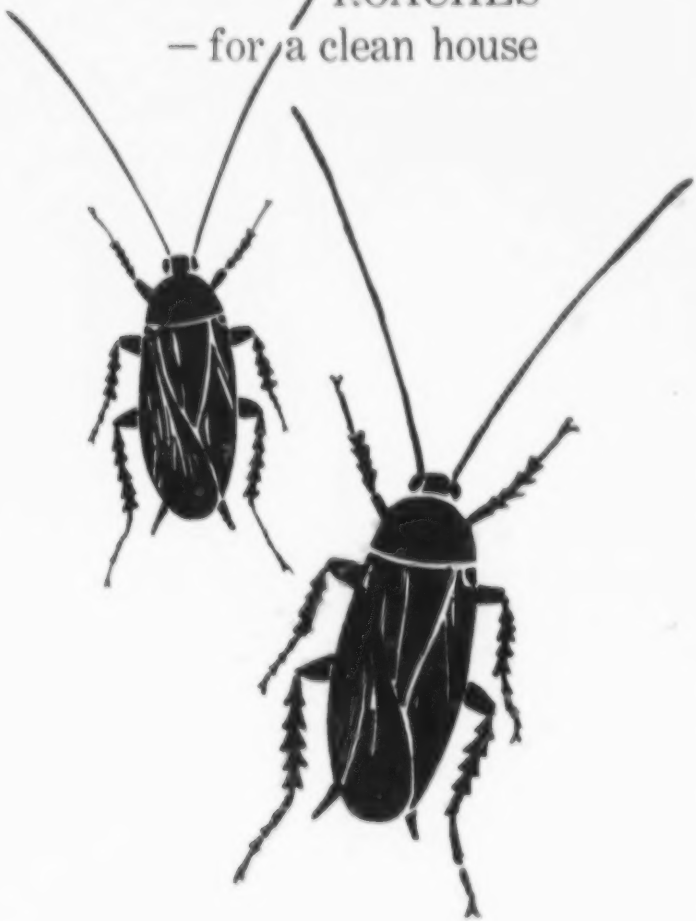
Cooperative Extension Service
Utah State University • Logan

The Utah Cooperative Extension Service, an equal opportunity employer, provides programs and services to all persons regardless of race, sex, color or national origin.

Issued in furtherance of Cooperative Extension work, Acts of May 9 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. J. Clark Bailey, Vice President and Director, Cooperative Extension Service, Utah State University.

PA—833 · Division of Home Economics · Federal Extension Service · UNITED STATES DEPARTMENT OF AGRICULTURE

KILL THOSE ROACHES
—for a clean house



abama
ver-

Do *you* leave garbage in your kitchen overnight?

And do *you* leave your food uncovered on the table or in the cabinets? Roaches eat garbage and the food you leave uncovered. They crawl in garbage one minute, and the next minute they are walking on your food!

They spread diseases that can make you and your family very sick.

Roaches also eat book covers and pages. They stain and ruin: paper clothes curtains woodwork — and other things.

How To Discourage Roaches

Keep Your House Clean

Cover food and put it away.

Put garbage in a can with a tight lid. On a farm you can burn or bury garbage.

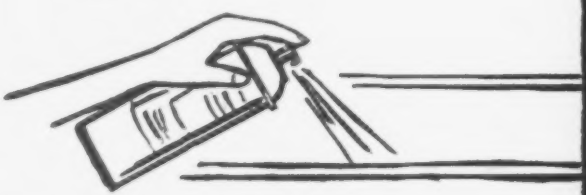
Keep cabinets clean.

Fill cracks and holes where roaches come into the house.

To Kill Roaches

Use a household insecticide. See that it has one of these in it

(1) diazinon
(2) DDVP
(3) ronnel
(4) malathion



Spray the insecticide in places where roaches run or hide

> *Read the label* on the bottle or can before you use the insecticide. Be sure you know how to use it and how much to use each time. The store clerk can help you.

AVOID ACCIDENTS!

Keep the bottle or can in a locked cabinet so your children can't get into it. Open the doors and windows when you spray. Wash your hands after you use insecticides.

Adapted from materials provided by the Al Cooperative Extension Service, Auburn Uni sity.

Cooperative Extension Service
Utah State University • Logan

The Utah Cooperative Extension Service, an equal opportunity employer, provides programs and services to all persons regardless of race, sex, color or national origin.

Issued in furtherance of Cooperative Extension work, Acts of May 9 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. J. Clark Balla.d, Vice President and Director, Cooperative Extension Service, Utah State University.

EL 205 R23

When To Do Housecleaning Jobs

Cooperative Extension Service
Utah State University • Logan

The Utah Cooperative Extension Service, an equal opportunity employer, provides programs and services to all persons regardless of race, sex, color or national origin.

Issued in furtherance of Cooperative Extension work, Acts of May 9 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. J. Clark Ballard, Vice President and Director, Cooperative Extension Service, Utah State University.

When To Do Housecleaning Jobs

- Some cleaning jobs need to be done every day.
- Some need to be done once every week.
- Others need to be done only now and then.

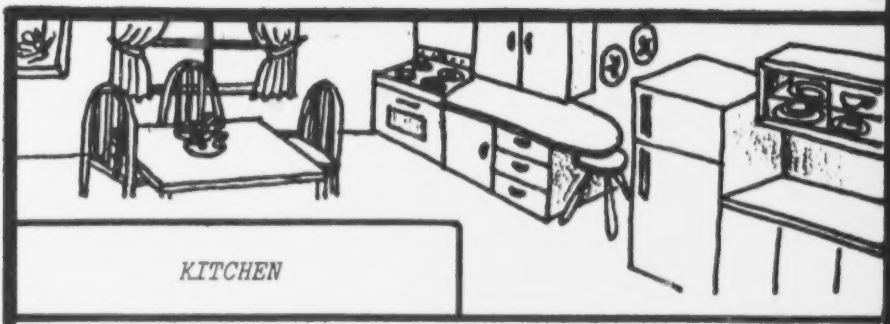
Does cleaning wear you out? You may be doing it the hard way!

- Don't try to do too many jobs in one day.
- Look for tools and ways to work that make the job easier.
- Bend, reach, and stoop less.
- Long-handled tools may help.
- Work with both hands.
- Take fewer steps.
- Try some new ideas.

Which is better for you?

- Clean a whole room at a time?
- Or do the same job in every room before you change tools?

Look at the next pages. They may help you decide when you should do your cleaning.



KITCHEN

DAILY	WEEKLY	NOW AND THEN
Wash dishes	Defrost and wash refrigerator	Wash shelves and inside cabinets
Wipe tables, chair, cabinets	Clean range	Wash walls, ceiling, woodwork
Wipe range	Wash garbage can	Wash windows and curtains
Empty garbage and trash	Mop or scrub floor	Clean light fixtures and pictures
Clean sink		Wax floor
Sweep or mop kitchen		

Write down here your plan for cleaning.

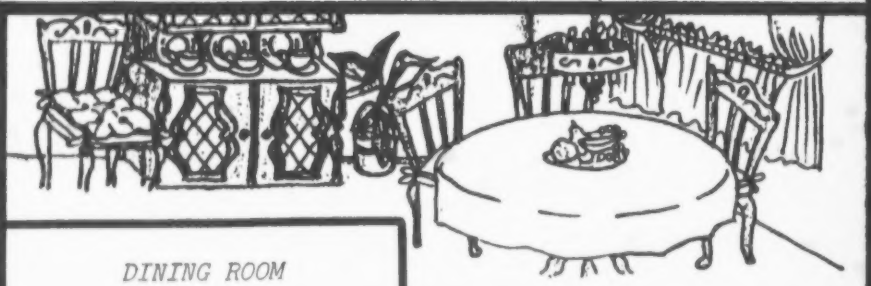
DAILY	WEEKLY	NOW AND THEN

LIVING ROOM

DAILY	WEEKLY	NOW AND THEN
Pick up papers, magazines, and things	Clean spots off cloth-covered furniture	Clean walls, woodwork, and ceiling
Empty and wash ashtrays	Damp-wipe plastic furniture	Clean furniture, light fixtures, and pictures
	Move furniture to clean floors and rugs	Wash windows, curtains, and slipcovers
	Clean spots from walls and woodwork	
	Dust floors and furniture	

Write down here your plan for cleaning.

DAILY	WEEKLY	NOW AND THEN

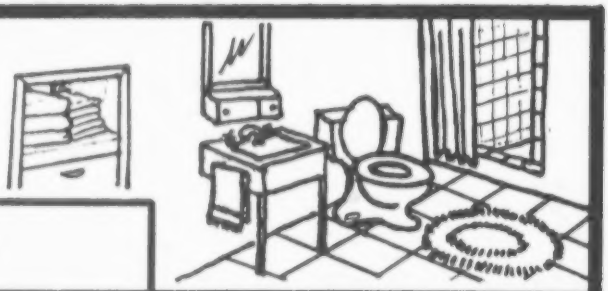


DINING ROOM

DAILY	WEEKLY	NOW AND THEN
Sweep up crumbs	Mop floor	Clean walls, woodwork, ceiling
Wipe chairs and tables	Dust furniture	Clean furniture
	Clean spots from walls and woodwork	Empty and clean cabinets
		Clean light fixtures and pictures
		Wash windows, curtains, and chair pads

Write down here your plan for cleaning.

DAILY	WEEKLY	NOW AND THEN



BATHROOM

DAILY	WEEKLY	NOW AND THEN
Remove dirty clothes and towels	Clean mirror	Wash inside medicine cabinet
Empty wastebasket	Wash wastebasket	Throw away old medicines and empty bottles
Clean tub, sink	Scrub floor	Clean walls, ceiling, woodwork
Wipe floor	Clean toilet	Wash windows and curtains
		Clean light fixtures

Write down here your plan for cleaning.

DAILY	WEEKLY	NOW AND THEN

BEDROOMS

DAILY	WEEKLY	NOW AND THEN
Make beds Put clothes away	Change sheets and pillowcases Dust furniture and floors	Turn mattresses Clean walls, ceilings, woodwork Clean closets and dresser drawers Clean furniture, light fixtures, mirrors, and pictures Wash windows, curtains and bedspreads

Write down here your plan for cleaning.

DAILY	WEEKLY	NOW AND THEN

CLEANING MIXTURES

To clean your home, you can buy products or mix your own. Decide which is best for you.

The products you buy are:

Expensive

Easy, but read the label

The products you make are:

Less expensive

Not too hard

General light cleaning (remove finger prints from painted walls, formica surface, imitation wood)

Mix: 1 tablespoon sudsy household ammonia
1 tablespoon liquid dishwashing detergent
2 cups water

Use with cloth or sponge. May be put in a spray bottle.

To clean very dirty painted surfaces, or linoleum flooring:

Mix: 4 quarts hot water
1 cup ammonia
1/2 cup vinegar
1/4 cup sal soda (washing soda should be displayed near the laundry detergent)

Wash small area at a time. Rinse with cloth wrung out of clean warm water. (This dries your skin - you may want to wear rubber gloves.)

Vietnamese Translation
(Cleaning Mixtures)

CÁCH PHA CÁC THỨ NƯỚC ĐỂ LAU CHÙI NHÀ CỬA

- o -

Các thứ nước để lau chùi nhà cửa cho sạch sẽ bạn có thể mua ở chợ hoặc tự pha lấy ở nhà tùy bạn quyết định. Tuy nhiên, bạn cần nên biết những sản phẩm ở chợ thì mắc lại có khi không hiểu được lời chỉ dẫn vì viết bằng tiếng Anh. Sản phẩm bạn tự pha lấy ở nhà thì rẻ tiền lại dễ dàng.

Để lau chùi vặt vành trong nhà (bếp, buồng tắm, v.v...) bạn pha:

1 muỗng súp am-mô-nhắc (household ammonia)
1 muỗng súp sà phòng nước
2 tách nước

Để lau chùi những mặt phẳng thật dơ (như nền nhà bếp, nền nhà trong buồng tắm lót bằng tile hoặc linoleum, vách tường có sơn, bạn pha:

4 lít nước nóng
1 tách am-mô-nhắc
1/2 tách giấm trắng
1/4 tách sal soda (washing soda - bày bán gần chỗ kệ bán các sản phẩm lau chùi và xà-phòng giặt đồ)

Chùi từng khoảng nhỏ mỗi lần. Xả giẻ cho ra nước dơ. Nên mang bao tay cao su vì sợ các nước pha trên sẽ làm khô da tay bạn.

Translation by
Tuyet Seethaler
Refugee Programs
Cooperative Extension Service
Utah State University • Logan

The Utah Cooperative Extension Service, an equal opportunity employer, provides programs and services to all persons regardless of race, sex, color or national origin.

Issued in furtherance of Cooperative Extension work, Acts of May 9 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. J. Clark Ballard, Vice President and Director, Cooperative Extension Service, Utah State University.

CLEANING MIXTURES

To clean your home, you can buy products or mix your own. Decide which is best for you.

The products you buy are:

Expensive

Easy, but read the label

The products you make are:

Less expensive

Not too hard

General light cleaning

Mix: 1 tablespoon ammonia
1 tablespoon liquid detergent
2 cups water

Use with cloth or sponge. May be put in a spray bottle.

To clean very dirty painted surfaces, or linoleum flooring:

Mix: 4 quarts hot water
1 cup ammonia
1/2 cup vinegar
1/4 cup sal soda (washing soda)

Wash small area at a time. Rinse with cloth wrung out of clean warm water. This dries your skin - you may want to wear rubber gloves.

CLEANING MIXTURES - Lao Translation by Inh Simoukda

ทาม ปะสม มัสยูตั่ว ทำความสะอาด

ຮັກສາຄວາມສະອາດຢູ່ໃນເຮືອນເຈົ້າເອງ ຕ້ອງໃຊ້ເຄື່ອງປະກອບ ຫຼື ປະສົມມັສຍູຕ່ວ ຄ້ອຍ ຕາມເອງ ວ່ານີ້ ໃຫ ຈະ ອ່ານ ຂວາມ ສ ວ ກ ສໍ ເຈົ້າເອງ.

ເຄື່ອງ ເຈົ້າ ໃຊ້ ຖ້ຽ ນີ:

- ຣ ຄ ຣ ແ ມ
- ໄ ງ ່ ງ ່ ຍ ແ ຕ ່ ວ ່ , ອ ່ ນ ໄ ຫ ວ ່ ເ ນ ້ ອ ໃ ຈ ໄ ງ ໃ ນ ຄ ່ ແ ມ ່ ນ ມ ້ ນ ້ .

ເຄື່ອງ ປ: ກອບ ເຫ ້ ເ ຣ ັ ດ ຖ ້ ນ ີ:

- ຣ ຄ ຣ ນ ມ ້ ນ ້
- ງ ່ າ ຍ

ทำความสะอาด ทั่วไป แบบง่ายๆ :

ປ: ສ ມ : 1 ຊ ອ ນ ນ ມ ້ ນ ້ ນ ້ ໍ ໃ ສ ແ ມ ້ ນ ້ ສ ແ ມ ່ : (household ammonia)
1 ຊ ອ ນ ນ ມ ີ ນ ້ ໍ ສ ້ ມ .
2 ຈ ອ ກ ນ ້ ໍ ຮ ້ ອ ນ .

ຕ ້ ງ ໃ ຊ ້ ຂ ວ ດ ສ ເ ປ ຫ ຼ ື ຟ ້ ອ ງ ນ ້ ໍ ຈ ນ ຊ ຸ ມ ໃ ນ ແ ກ ້ ວ ສ ຣ ະ ປ (spray bottle)

ทำความสะอาด ที่ ปู ม ้ ั ส ี ต ิ ด ท า ม ห ร ื อ ม ้ ั ส ี ใ ม ่ ล ุ ย ก พ ื ้ น ร ว ม (Linoleum flooring)

ป: ສ ມ ນ ้ ໍ ຮ ້ ອ ນ ປ: ມ ານ 4 ຊ ດ

1 ຈ ອ ກ ນ ້ ໍ ໃ ສ ແ ມ ້ ນ ້ (household ammonia)
1/2 ເ ຄ ື ່ ອ ງ ຈ ອ ກ ນ ້ ໍ ໝ າ ກ ສ ້ ມ (Vinegar)
1/4 ນ ້ ໍ ້ ແ ງ ໃ ຊ ຄ (washing soda) ເ ວ ລ ົ ກ ເ ອ ົ ້ ງ ສ ແ ມ ່ : ເ ຫ ້ ຈ ະ : ໃ ຊ ້ ເ ມ ື ່ ອ ຕ ້ ອ ງ ກ ານ ເ ສ ັ ດ ຄ ວ ນ ເ ສ ັ ດ ຫ ່ ານ ລ ะ : ນ ອ ຍ ທ ີ ປ ເ ສ ັ ດ ຈ ັ ບ ກ ້ ອ ນ ແ ລ ะ : ປ ັ ນ ເ ປ ັ ນ ຕ ິ ກ ໆ ນ ້ ໍ ຢ ່ ານ ຖ ້ ວ ມ ກ ່ ອ ນ ມ ີ ຈ ະ ພ າ ໃ ຫ ້ ໝ ົ ດ ໄ ປ ໄ ດ ້ , ສ ນ ັ ້ ນ ກ ່ ອ ນ ຈ ະ ທ ำ ຄ ວ າ ມ ສ ะ : ອ າ ດ ເ ຈ ົ ້ າ ເ ອ ງ ຕ ້ ອ ງ ໃ ຊ ້ ນ ้ ໍ ຢ ່ ານ ລ ะ ມ ັ ດ ລ ะ ວ ັ ງ ຫ ນ ່ ອ ຍ .

Cooperative Extension Service
Utah State University • Logan

The Utah Cooperative Extension Service, an equal opportunity employer, provides programs and services to all persons regardless of race, sex, color or national origin.

Issued in furtherance of Cooperative Extension work, Acts of May 9 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. J. Clark Ballard, Vice President and Director, Cooperative Extension Service, Utah State University.

CLEANING MIXTURES

To clean your home, you can buy products or mix your own. Decide which is best for you.

The products you buy are:

Expensive

Easy, but read the label

The products you make are:

Less expensive

Not too hard

General light cleaning (remove finger prints from painted walls, formica surface, imitation wood)

Mix: 1 tablespoon sudsy household ammonia
1 tablespoon liquid dishwashing detergent
2 cups water

Use with cloth or sponge. May be put in a spray bottle.

To clean very dirty painted surfaces, or linoleum flooring:

Mix: 4 quarts hot water
1 cup ammonia
1/2 cup vinegar
1/4 cup sal soda (washing soda should be displayed near the laundry detergent)

Wash small area at a time. Rinse with cloth wrung out of clean warm water. (This dries your skin - you may want to wear rubber gloves.)

ការសំអាតដោយវត្ថុធាតុផ្សំផ្សេងៗ

នៅមុនពេលសំអាតនៅផ្ទះរបស់អ្នក អ្នកអាចទិញផលិតផលផ្សេងៗ ពី ស្រាប់ ឬអាចផ្សំទៅឯងដោយខ្លួនឯង ។ ចូរអ្នកសម្រេចចិត្តយកមកធ្វើការជាណា នឹងល្អនិងសមរម្យសំរាប់អ្នក ។

ផលិតផលនៃលក់ទិញ្ញនោះ គឺ :

មានតម្លៃខ្ពស់

ងាយស្រួល តែត្រូវអានរបៀបប្រើប្រាស់

ផលិតផលនៃលក់ផ្សំ គឺ :

មានតម្លៃថោក

មិនដាក់ពាក្យផ្សំទេ

ការសំអាតបន្ទប់ទឹកដោយប្រើ

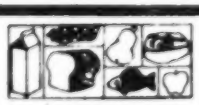
របៀបផ្សំ : អាម៉ូនីញ៉ាក់ ១ ស្លាបព្រាកាហ្វេ
ទឹកសាប៊ូ ១ ស្លាបព្រាកាហ្វេ
ទឹក ២ វែង

ចូរអ្នកប្រើដាមួយនឹងក្រណាត់ ឬ រអាក់ ។ អ្នកអាចនឹងដាក់ក្នុងដបទឹកលម៉ាតប្រដាប់ក្បាល ។

នៅមុនពេលលាងសំអាតនឹងដុតរាំងលាបថ្នាំនៃលមានធូលីច្រើន ឬ កខ្វក់ :

របៀបផ្សំ : ទឹកក្តៅ ៤ ក្រាត ១ ធុង
អាម៉ូនីញ៉ាក់ ១ វែង
ទឹកខ្មេះ ១/២ វែង
ទឹកសូដា ១/៤ វែង សូដាមួយរាំងសំរាប់លាង

លាងសំអាតកន្លែងតូចនៅពេលតែមួយ ។ ដូចនៅយក្រណាត់នៃលលូតទឹចេញ នៃលសំអាតនៅយទឹកក្តៅ ។ វាអាចបណ្តាលឲ្យស្បែកអ្នកស្ងួតក្រៃដៃ - អ្នកអាចប្រើស្រោមដៃកាស៊ូ ។



Translated by
Loch Srey

Cooperative Extension Service
Utah State University • Logan

The Utah Cooperative Extension Service, an equal opportunity employer, provides programs and services to all persons regardless of race, sex, color or national origin.

Issued in furtherance of Cooperative Extension work, Acts of May 9 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. J. Clark Ballard, Vice President and Director, Cooperative Extension Service, Utah State University.